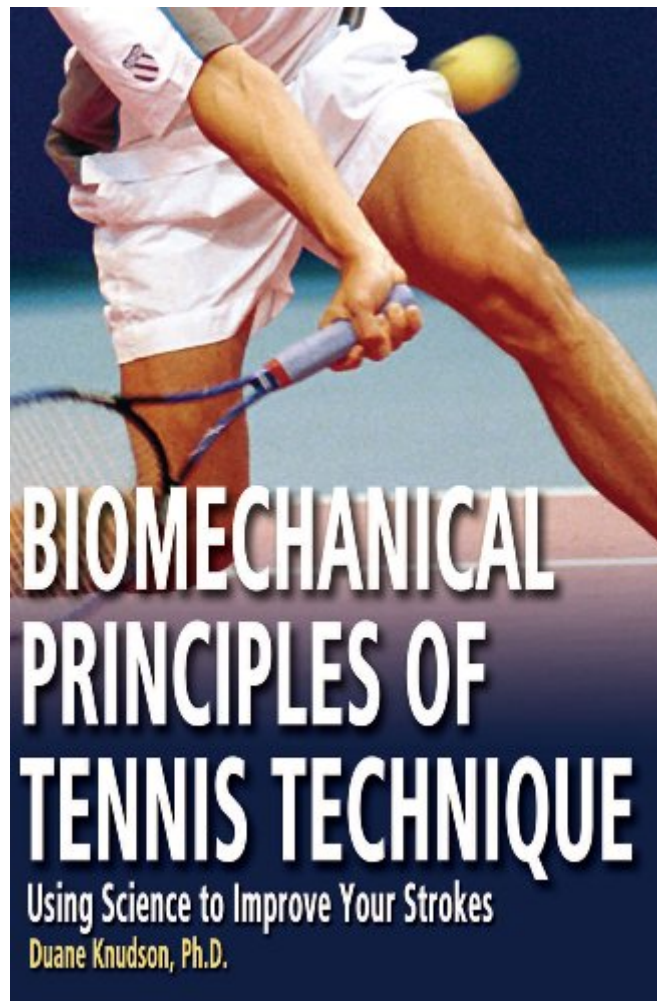


The book was found

# Biomechanical Principles Of Tennis Technique: Using Science To Improve Your Strokes



## Synopsis

The science of tennis technique is explained in this guide that practically applies the lessons learned from studying the forces and motions of tennis strokes. Through the implementation of six basic biomechanical principles players can make subtle adjustments to their strokes, creating stroke variations that not only improve their game but also reduce their risk of injury. Detailed line drawings; stroke analysis and sequence photos of top touring pros; action photographs and high-speed video images; and an exploration of the benefits of video replay provide players with a variety of useful techniques.

## Book Information

File Size: 2781 KB

Print Length: 128 pages

Publisher: USRSA (November 20, 2012)

Publication Date: November 20, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B00AH4ZWD4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #894,829 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #169

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Tennis #476 inÂ Books > Sports & Outdoors > Individual Sports > Tennis #580 inÂ Books > Sports & Outdoors > Racket Sports

## Customer Reviews

I never write reviews but thought I'd add one since the only other one was negative and I quite liked this book. I haven't read any other biomechanics books and can't do a comparative review, but this book is definitely "Biomechanical Principles of Tennis," so I can see how this would be old hat if you've already read someone else's version. This book is a mix of "general introduction to biomechanics applied to tennis" and "practical tennis stroke technique". It begins by describing some common mechanical principles that apply to all strokes, such as balance and inertia, and explains

how these forces work and how they're produced. Then there's a chapter on injury prevention -- how various injuries are caused and how to avoid them. Finally, there are chapters breaking down in detail the biomechanics of the serve, forehand, backhand and volley. Throughout, the author summarizes existing academic research and cites the relevant studies, with charts and photos. Now, these sections aren't detailed prescriptions for how you "should" hit these strokes, but that's what I liked. This dude isn't a tennis coach, he's an academic kinesiologist. A lot of coaches advocate techniques, but this guy is more agnostic and doesn't advocate so much as describe. In explaining principles like how the legs, trunk, shoulders, arm and wrist coil and then uncoil into a shot, the author separates the fundamentals of technique that are important from motions that aren't, while debunking some of the standard tennis pro wisdom as either wrong or not supported by research (i.e., details of the follow-through motion -- if you're trying to copy Rafa's or perfecting your window-washer, you're probably wasting time).

[Download to continue reading...](#)

Biomechanical Principles of Tennis Technique: Using Science to Improve Your Strokes Tennis: Tennis Strategies: The Top 100 Best Things That You Can Do To Greatly Improve Your Tennis Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport of Tennis) Tennis: Top 5 Strategies How to win more matches, How to Play Tennis, Killer doubles, Tennis the Ultimate guide (Tennis Strategies How to win more matches Book 1) Tennis: The Ultimate Guide To Tennis - Master The Fundamentals Of Tennis And Level Up Your Game In 7 Days Tennis Strategies: The Top 100 Best Things That You Can Do to Greatly Improve Your Tennis Game More Than Just the Strokes: Personal Best Tennis in Clubland and Beyond Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) The Biomechanical Foundation of Clinical Orthodontics Signaling at the Cell Surface in the Circulatory and Ventilatory Systems (Biomathematical and Biomechanical Modeling of the Circulatory and Ventilatory Systems, Vol. 3) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) International Book of Tennis Drills: Over 100 Skill-Specific Drills Adopted by Tennis Professionals Worldwide Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis The Tennis Drill Book (Tennis Drill Book, Paper) The Tennis Book: The Illustrated Encyclopedia of World Tennis Tennis Strings Made Easy: All you need to know about Tennis Strings Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series) Swim Smooth: Improve your

Swimming Technique with The Complete Coaching System for Swimmers & Triathletes

Championship Swimming: How to Improve Your Technique and Swim Faster in 30 Days or Less

Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and

Backstroke for Your Fastest Swimming (Swim Speed Series) Tiger Woods Made Me Look Like A

Genius: Five Simple Ways to Take Ten Strokes Off Your Game

[Dmca](#)