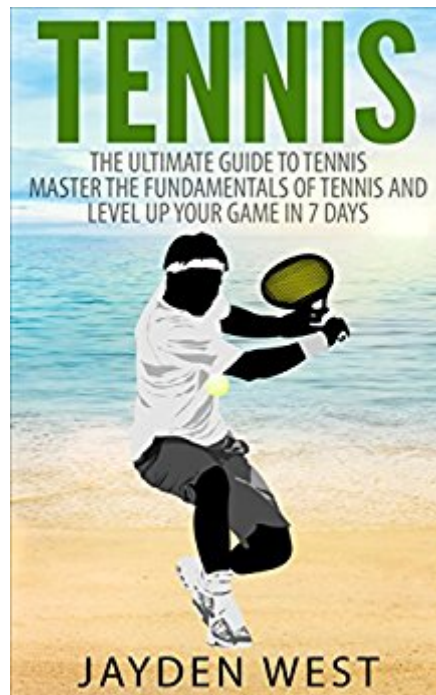


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# Tennis: The Ultimate Guide To Tennis - Master The Fundamentals Of Tennis And Level Up Your Game In 7 Days



## Synopsis

Enjoy the Sport of Tennis â “ Improve Your Game in Just a Week!What can this book do for you?Tennis: The Ultimate Guide to Tennis - Master the Fundamentals of Tennis and Level Up Your Game in 7 Days will teach you the essentials of the game and how to improve your physical skills: Athletic abilityExplosivenessBalanceHand-Eye CoordinationBall judgmentRead this book for FREE on Kindle Unlimited â “ Download Now!How does this book address the the â œinner gameâ • of tennis?Tennis: The Ultimate Guide to Tennis - Master the Fundamentals of Tennis and Level Up Your Game in 7 Days isnâ™t just about technique. It explains how to develop the mental skills you need to become a great tennis player: MotivationFocusCompetitive SpiritProblem-SolvingYou donâ™t need a Kindle device to read this book â “ Just download a FREE Kindle reader for your smartphone, tablet, or computer!What can you do right now to improve your tennis game?With this insightful book, youâ™ll discover the fundamental strokes you need to succeed on the court. Tennis: The Ultimate Guide to Tennis - Master the Fundamentals of Tennis and Level Up Your Game in 7 Days offers a great wealth of drills for you to level up your skills as soon as possible: Beginner DrillsGeneral GroundstrokesServe DrillsFootwork DrillsVolley DrillsOverhead Drillsand many more!This book even offers insights into tennis strategy for singles and doubles play!Order Your Copy of Tennis: The Ultimate Guide to Tennis - Master the Fundamentals of Tennis and Level Up Your Game in 7 Days as soon as possible!Youâ™ll be so glad you gained these game-winning skills!

## Book Information

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## Customer Reviews

This was a great guide to successfully playing tennis. I've been trying to self teach myself the game, and got this book because it's actually a lot harder than I initially thought it was going to be. I wish this book was a bit longer, but it had great information on how to lob correctly, how to strike the ball, a bunch of great drills you can practice to improve your game, and a ton of other great info. If you're getting into tennis, I recommend getting a book like this to help you learn the fundamentals on which you can develop your skill.

I have wanted to play tennis to keep fit and healthy but never had the chance to do it. I don't know the rules and I sucked playing any sport associated with ball. All I know is I have to hit the ball and not to miss it. When I read this book, I found all the answers to my questions. This book discussed everything, the skills, techniques, drills and strategy. Very concise and well detailed. I am now motivated to play because of this book but I have to practice hard and physically ready. Thank you Jayden West, I now know how to play Tennis.

All you need to know and more about the Art of playing tennis. This book gives a detailed description of the basics, intermediate and advance skills of tennis. Fundamental tennis strokes such as the forehand, backhand and stroke are mentioned along with step by step technique on how to achieve each tennis stroke. I literally practiced each stroke while gaining a clear understanding. Basically this book is like my own personal tennis trainer, without the heavy expense of paying by the hour. This book gives it all, from tennis essentials to drills, serves and attack. I absolutely guarantee you'll be playing tennis like a pro in no time. I like the fact that it breaks down simple jargon and techniques for beginners to understand and can relate to. Have fun reading and playing.

I needed this book because it was a perfect gift to my father for his birthday. He plays tennis every day after work - his form of exercise - with his brothers. He just loved this read. It was a terrific guide showing the physical and mental skills one needs in order to get better at this sport. He actually told

me where I got this and is there any more book like this one. Lol

Book on tennis that does not have a single picture is useless. I know how a good book on this subject should look. I had such a book 50 years ago. It showed details of every stroke and taught how to do each movement. I have picked up a paddle after huge interruption. Alas, this not that kind of a book.

seriously its a fantastic book. If you love tennis so this book is for you. you will get all rules an regulation of tennis from this book. You can get all pattern of tennis from this book. I think this book will help you a lot. So you should try this book. Many thanks from me to author for this book.

Wow, this guide blew me away. I found it to be SO helpful for a beginner like me. There are so many techniques, positions, and tips in this guide and everything is spelled out very clear. I'd recommend this for any new tennis players, or experienced ones who just want a refresh.

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