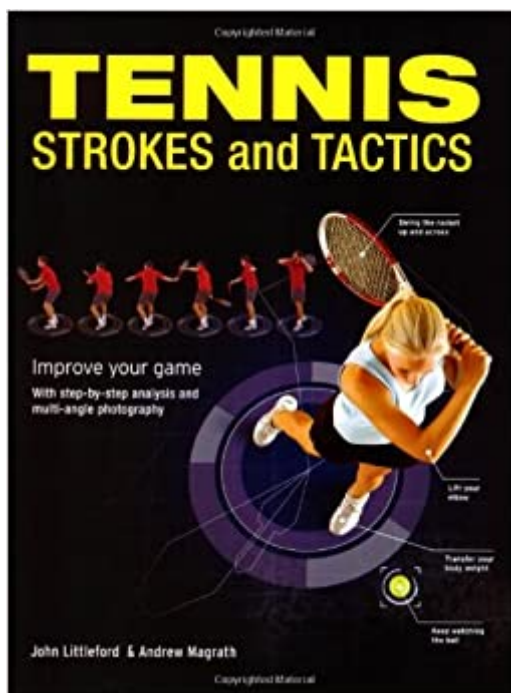


The book was found

Tennis Strokes And Tactics: Improve Your Game



Synopsis

A tennis tune-up for players of all skill levels. From the serve, ground strokes and volleys to the smashes, lobs and drop shots, this unique coaching manual illustrates each stroke from five angles: front, back, left, right and above. In this all-around skills guide, tennis pro John Littleford delivers expert guidance to identify accurate positioning of feet, body and the racquet -- just like having a personal pro watching, correcting and coaching every swing. Tennis Strokes and Tactics features step-by-step analysis and multi-angle photography that illustrates how to: Track the ball to the racquet head using hand-eye coordination Maintain correct posture and good footwork Establish correct and comfortable grips Hit a forehand with great topspin Master the secrets of the backhand -- one-handed and two-handed Control the ball with power on volleys Serve with more speed, spin and deception Return serve with more punch and accuracy Use the lob and drop shot as devastating offensive weapons Master an accurate and powerful overhead smash Move across the court more fluidly for greater efficiency. Tennis Strokes and Tactics also includes a comprehensive section on effective tactics and strategies for singles and doubles play. Using this innovative guide, tennis players of any level will improve their game.

Book Information

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Customer Reviews

John Littleford has over 20 years' experience coaching and playing tennis at the highest level, and he is Lawn Tennis Association and U.S. Professional Tennis Registry qualified. He is a cofounder of Modern Tennis International. Andrew Magrath is the co-managing director of Modern Tennis International and has been a professional coach for over 15 years.

Introduction Tennis is a fabulous game that seems to bring the best out of people, whatever their background or wherever they come from. The first time, as toddlers, that our parents threw us a tennis ball, our passion for the sport was born, and watching Wimbledon on television from an early age further fueled our enthusiasm. Witnessing McEnroe's epic encounters with Bjorg, and later the athletic antics of Boris Becker, made many tennis kids dive across the court to reach a volley at no thought of injury to themselves, even those who played on tarmac. Teaching is in our blood, since we both have parents who taught, and we count ourselves very fortunate to be able to teach others this wonderful sport that we both love. It gives us a real buzz to see the satisfied faces of people enjoying the skills we have imparted. That is why we are so passionate about the simple system we have described in the book. If you follow it thoroughly you will literally be playing tennis in minutes, and the tennis world will be yours.

The frame-by-frame shots of each different stroke (and there are many) clearly demonstrates how contact should be made with the ball. The book is a bit short on strategy, nutrition and physical fitness but as the title says, it is full of "strokes". I had no idea that the angle of the racket for a topspin serve should be about 65-70 degrees from vertical. No wonder I kept hitting it into the street! My 10-year old really likes it.

i like the book, but it came with stains inside. i do not what to return it because shipping would cost

I am a USTA 4.5 level player and I found this book very helpful to my game. The photos from different angles really show you how to accurately position your body and racket. It is really an excellent book to tune up your game. I think the book is well written and very easy to understand. Most of all, it is fun to read.

I'll certainly be able to improve my tennis game. The photos are very well done. Very didactic and the commentaries are very well made.

Very good book. Packed with explanatory illustrations, easy to understand for various levels. With very clear explanation of the mechanics of movement. I recommend.

The layout and images in this book are so good, you'd think it was a fancy travel guide. The tactics

section was not nearly as strong. This is a great book for those who want good technique for shots and strokes demonstrated clearly. If you've had a lot of lessons or read other books, there's not as much new material, but you may want it for a reference guide.

The reality is-go to the court. This book will not help you. The illustrations are OK but the text is sub optimal, just not terribly valuable

I just purchased this book to help improve my tennis game. I have been playing just a few months with my roommate (who was a professional tennis instructor). He is good at demonstrating different techniques and shots, but I needed to have something to help me when he was not able to be around to instruct me. The book is very nice, paperback, with full color pictures on quality, glossy paper. I often toss it in my tennis bag, so it's durable too. The book shows each shot in a succession of four to six photos from four angles. It then goes in depth detailing what you should be doing at each moment of each swing. They cover most of the basic forehand, backhand, drop shot, overhead, and volley shots. They also have a couple of service demonstrations (though I would recommend watching some youtube slow motion videos for learning service technique). The book also includes a few pointers about the game, such as touching briefly on scoring, serving (which side, etc), sportsmanship, conduct, doubles formations, and a glossary. Overall an invaluable book for a new player, but one that I think will only be of great use until a 4.5 to 5+ level. Great for the developing player, and it has helped my forehand topspin quite a bit!

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