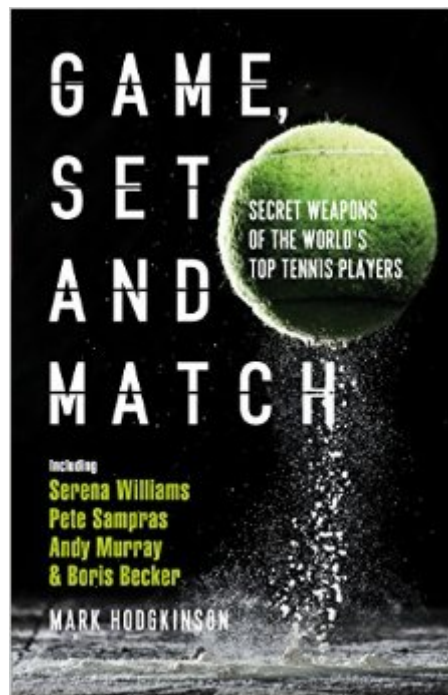


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Game, Set And Match: Secret Weapons Of The World's Top Tennis Players



Synopsis

What better way to improve your tennis--and to gain a new appreciation for the sport--than by discovering the secrets of the world's greatest players and coaches? Read this book to improve your game with inside tips from the tennis elite, including those who have won Grand Slam titles and held the world number one ranking. *Game, Set and Match* is an unprecedented collection of tips from the sport's superstars, including Maria Sharapova, Andy Murray, Grigor Dimitrov, Venus and Serena Williams, Eugenie Bouchard, Kei Nishikori, Pete Sampras, Steffi Graf, Boris Becker, Stefan Edberg, Milos Raonic, Caroline Wozniacki, Stan Wawrinka, Jo-Wilfried Tsonga, Bob and Mike Bryan, Martina Navratilova, Gael Monfils, Petra Kvitova, Ana Ivanovic and Marin Cilic. There is also advice from Roger Federer's mother, Lynette, on tennis parenting and tips from Rafa Nadal's uncle and coach, Toni, as well as other leading coaches such as Patrick Mouratoglou, Nick Bollettieri, Paul Annacone, Marian Vajda, Judy Murray, Darren Cahill, Roger Rasheed and Robert Lansdorp, and from fitness experts such as Andre Agassi's former trainer, Gil Reyes. Top tips from the pros include: "How to disguise your serve" by Pete Sampras "How to stay fit all year" by Caroline Wozniacki "How to attack with your one-handed backhand" by Stan Wawrinka "How to embrace your superstitions" by Goran Ivanisevic

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Customer Reviews

First, let me state what this book is and what it is not: it is a compilation of players' and coaches' statements about various aspects of tennis. Each statement usually covers one topic and is about half a page to one page long. It is *not* a textbook about tennis. It does not teach you how to play or

how to coach. Rather, it provides guidelines to start off on the right foot. In my opinion, intermediate-level players will make the most out of the book, while beginners and experts will still find some areas of interest. The sections dedicated to coaches and parents are about 20 pages each. I will not comment on those since I am no coach or parent. What I like about this book is that it uses a simple and direct approach, while hurting some of the widespread tennis myths. There are useful advices for all the tennis shots, a lot of tactics as well as the mental and physical aspects of the game. Often enough, someone gives you an advice that goes against what you think you know about tennis and you just don't know what to believe. Now you can check with this book. Of course, not all the answers are here, but using this book and a little logic you can dispell quite a few misconceptions. Also on the "mental game" side, I found that not all coaches and players agree with each other. It's always good to know of several points of view. What I do not like is twofold: 1) The return of serve is poorly covered. About 1 page for the second most important shot in tennis! The serve gets 12 pages, the forehand gets 11... Big disappointment here. Is Novak's return just for show? Although Dominika Cibulkova and Caroline Wozniacki are some of the best returners in women's tennis, they sure feel a little lonely in this book.

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