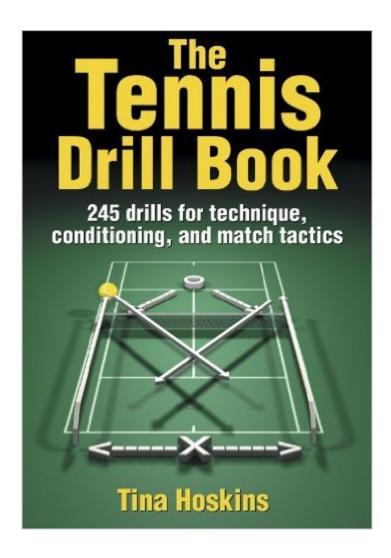
The book was found

The Tennis Drill Book (The Drill Book)





Synopsis

Effective practice is the foundation for good performance. With a wealth of drills and games to choose from, The Tennis Drill Book will help you develop skills, work on weaknesses, and prepare for upcoming matches. This extensive manual features 245 drills that can be integrated into practice sessions to improve performance in every area of the game: -Progressive technique drills help you master every stroke and shot combination.-Tactics drills help you develop winning strategies for every game situationâ "aggressive or defensive, doubles or singlesâ "on any court surface, against any style of play.-Mental training drills help you stay focused when the pressure is on.-Warm-up, cool-down, and conditioning drills are designed to increase speed, agility, and endurance so that you can move swiftly into position, outlast opponents, and reduce the chance of injury.-Game-based drills simulate match play for singles and doubles.Written by a teaching pro and former

Women's Tennis Association player, this essential reference provides more than just drills for every game situation. Game-based drills simulate match situations, and drills and games for juniors help you prepare younger players for higher competition. With more to offer than any other drill reference, The Tennis Drill Book will be an essential part of your tennis library.v

Book Information

Series: The Drill Book

Paperback: 256 pages

Publisher: Human Kinetics; 1 edition (August 13, 2003)

Language: English

ISBN-10: 0736049126

ISBN-13: 978-0736049122

Product Dimensions: 7 x 0.6 x 10 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 3.7 out of 5 stars Â See all reviews (6 customer reviews)

Best Sellers Rank: #1,046,988 in Books (See Top 100 in Books) #58 in Books > Sports &

Outdoors > Coaching > Tennis #331 in Books > Sports & Outdoors > Individual Sports > Tennis

#405 in Books > Sports & Outdoors > Racket Sports

Customer Reviews

Overall, this is a very good collection of tennis drills. Tina Hoskins covers tennis drills for numerous situations including: singles, doubles, group and children drills, competitive games, and even backboard drills. That is how she reaches the staggering number of 245 tennis drills. Given that

most players have specific needs and desire associated with tennis drills, you will probably find only a small percentage of these drills useful. And, that is perfectly OK.In my case, I am a former varsity college tennis player still hitting at the NTRP 4.5 level with a technical orientation to the game. I actually love challenging singles drills. Within this book, I actually found only 8 drills (3% of total drills) useful. But, these 8 drills include some of the most physically and technically challenging drills I ever came across. The most extreme drill is the one actually portrayed on the cover page. Frankly, if it was not for this book, I did not think this drill was possible. This is because it is composed of shots that are typically outright winners (passing shots down the line, and cross court volleys in the open court). In any case, I tried these 8 drills this past weekend. And, they worked. After an hour and half of intermittently doing these drills, and then just hitting around to catch our breath; We did all these drills, had a lot of fun, were more exhausted than usual, but hit the best we ever hit. I can see how if I keep the work up on these extreme-8s, my game and physical condition will reach the next level. If you are a tennis coach teaching clinics, there are probably many more drills you will find useful within this book. But even if you are not, you may find the book very useful just like I did.

Download to continue reading...

The Tennis Drill Book (Tennis Drill Book, Paper) 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: 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) The Tennis Drill Book (The Drill Book) Tennis: The Ultimate Guide To Tennis - Master The Fundamentals Of Tennis And Level Up Your Game In 7 Days The Baseball Drill Book (The Drill Book Series) The Hockey Drill Book (The Drill Book Series) The Tennis Drill Book, 2E Tennis Drill Book-2nd Edition, The International Book of Tennis Drills: Over 100 Skill-Specific Drills Adopted by Tennis Professionals Worldwide The Tennis Book: The Illustrated Encyclopedia of World Tennis Tennis Strategies: The Top 100 Best Things That You Can Do to Greatly Improve Your Tennis Game Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free 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) The Locksmith's Pick, Rake and Drill Repair Coach (The Locksmith's Repair Coach Book 4) The Swimming Drill Book A Wanted Man (with bonus short story Not a Drill) (Jack Reacher, Book 17) Hockey Drill Book: 200 Drills for Player and Team Development The Volleyball Drill Book

Dmca