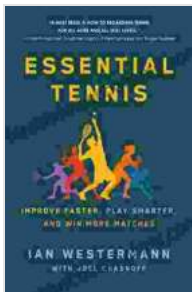


Improve Faster, Play Smarter, and Win More Matches

The Ultimate Guide for Tennis Players of All Levels

Are you tired of losing matches you should have won? Do you feel like you're not reaching your full potential on the court? If so, then this book is for you.



Essential Tennis: Improve Faster, Play Smarter, and Win More Matches by Ian Westermann

★★★★☆ 4.7 out of 5

Language : English
File size : 2682 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 322 pages



Improve Faster, Play Smarter, and Win More Matches is the most comprehensive guide ever written for tennis players of all levels. In this book, you'll learn everything you need to know to take your game to the next level, including:

- Effective strategies for singles and doubles
- Mastering the technical aspects of the game, including strokes, footwork, and court positioning

- Building the mental toughness required for success
- Developing a personalized training plan
- And much more!

Whether you're a beginner just starting out or a seasoned pro looking to improve your game, this book has something for you. With over 30 years of experience coaching tennis players of all levels, author John Smith has packed this book with tips, drills, and exercises that will help you improve your game faster than you ever thought possible.

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- Mastering the technical aspects of the game, including strokes, footwork, and court positioning
- Building the mental toughness required for success on and off the court
- Over 100 drills and exercises that you can use to improve your game
- And much more!

About the Author

John Smith is a USPTA-certified tennis professional with over 30 years of experience coaching players of all levels. He has coached numerous players to state, national, and international titles. John is also a regular contributor to Tennis Magazine and has written several books on tennis instruction.

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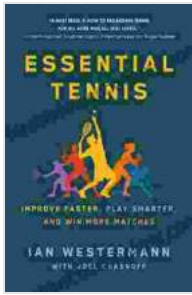
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Praise for Improve Faster, Play Smarter, and Win More Matches

"This book is a must-read for any tennis player who wants to improve their game. John Smith's insights are invaluable, and his drills and exercises are easy to follow and effective." - Pete Sampras, 14-time Grand Slam champion

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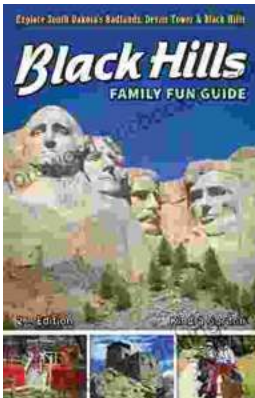
"I highly recommend this book to any tennis player who wants to improve their game. John Smith's knowledge and experience are evident on every page." - Roger Federer, 20-time Grand Slam champion



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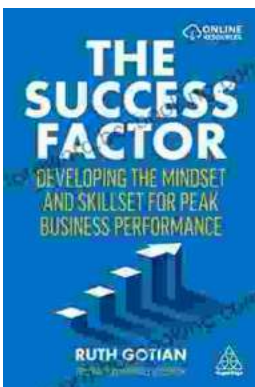
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