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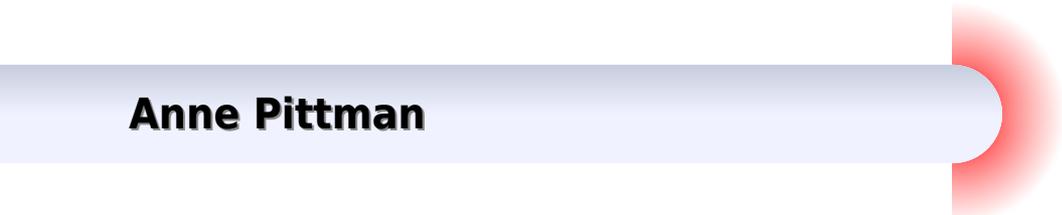
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# Tennis A Practical Learning Guide

**Anne Pittman**



## **Tennis A Practical Learning Guide:**

*Tennis* D. Ray Collins, Patrick B. Hodges, Betty H. Haven, 1985-01-01 [Teaching, Coaching, and Learning Tennis](#) Dennis J. Phillips, 1989-09 Scholarly as well as popular writings on the scientific technical physiological psychological and health aspects of tennis are highlighted in the 510 annotated items [Bollettieri's Tennis Handbook](#) Nick Bollettieri, 2001 As the most successful coach in tennis Bollettieri has worked with Andre Agassi Monica Seles Boris Becker and others In this book he shares his wealth of knowledge and insight into the world of tennis with discussions of strategies stroke development and physical and mental conditioning 400 illustrations *The Tennis Sourcebook* Dennis J. Phillips, 1995 Contains an unprecedented amount of information sources on the sport of tennis its personalities as well as its rich and colorful history

[Tennis Science](#) Bruce Elliott, Machar Reid, Miguel Crespo, 2015-10-26 If you have watched a Grand Slam tennis tournament in the past decade you are probably aware that the game is dominated by just a few international powerhouses At the conclusion of each tournament it is likely that you will see Serena Williams atop the women's podium and a member of the Big Four Roger Federer Rafael Nadal Novak Djokovic and Andy Murray hoisting the trophy for the men And while there is not a lot of variety in the outcome of these matches the game of tennis itself has changed drastically over the decades as developments in technology and conditioning regimens among other factors have altered the style of play Underpinning many of these developments is science and this book explains the scientific wonders that take the ball from racket to racket and back again Each chapter explores a different facet of the game learning technique game analysis the mental edge physical development nutrition for performance and recovery staying healthy and equipment and is organized around a series of questions How do we learn the ins and outs of hitting the ball in and not out What are the main technological developments and software programs that can be used to assist in performance and notational analysis in tennis What role does sports psychology play in developing a tennis player What is the role of fluid replacement for the recreational junior and professional player What rule changes have been made with respect to the racket ball and ball court interaction to maintain the integrity of the game in the face of technological change Each question is examined with the aid of explanatory diagrams and illustrations and the book can be used to search for particular topics or read straight through for a comprehensive overview of how player and equipment work together Whether you prefer the grass courts of Wimbledon the clay courts of the French Open or the hard courts of the US and Australian Opens *Tennis Science* is a must have for anyone interested in the science behind a winning game **Tennis Tactics** Raymond Demorest Little, 1913 **Tennis, a Professional Guide**, 1984 Beginning with an informative review of the history of tennis this official handbook presents a complete course of tennis instruction from basic skills to winning strategies Contributors who include top tournament players and medical specialists tell how to master backhand and forehand strokes serves lobs and volleys how to drill for improvement and evaluate your progress how to prepare for matches how to avoid injuries and what to eat and drink for top performance and

how to adapt your game to varying court conditions They also offer guidelines for organizing tournaments conducting maintenance The book includes the official 1984 rules a code of tennis etiquette a glossary of tennis terms and membership lists ISBN 0 87011 682 7 25 00     Wright and Ditson's Lawn Tennis Guide ,1908     *A Guide to the Literature of Tennis* Angela Lumpkin,1985-11-19 This comprehensive guide covering the entire spectrum of tennis subjects lists and evaluates more than 950 English language books and over 150 tennis films and videotapes Among the subjects treated are rules and techniques of play histories of the game biographies and autobiographies of champion players psychological approaches to improving one's game advice on matters of fitness physical conditioning and rehabilitation of tennis related injuries the construction and maintenance of tennis courts tennis in schools and recreational settings the administration of tournaments tennis equipment the traveling tennis player tennis humor and tennis films and videotapes     **Tennis** D. Ray Collins,Patrick B. Hodges,Betty H. Haven,1991     **How to Play Tennis** James Burns,1915     Tennis Anne Pittman,1989 An instructional guide for beginning and intermediate tennis players which provides a unique self directed method for learning tennis skills and strategies and demonstrates that anyone regardless of experience and ability can have fun and keep fit by playing tennis The author master coach and teacher gives you all the information and time tested guidance you need with numerous photographs which illustrate examples of the correct grips stances and strokes     **Selected Tennis and Badminton Articles, from DGWS Guides, 1958-64, and Journal of Health-physical Education-recreation, 1958-62** American Association for Health, Physical Education, and Recreation. Division for Girls and Women's Sports,1963     Teaching and Coaching Tennis John F. Kenfield,1976     **'The new education' manual training: woodwork** Richard Wake (instructor to the Hull school board.),1899     **Journal of Health, Physical Education, Recreation** ,1963     *Manual of Boxing, Club Swinging, and Manly Sports* George H. Benedict,1883     Spalding's Hand Book of Sporting Rules and Training ,1886     **A Guide to the Education Act, 1918** Kenneth Edward Towler Wilkinson,1919     **American Lawn Tennis** ,1928

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