



## The Smart Easy Guide to Winning at Tennis: An Introduction to the Rules, Mental Psychology, Coaching Instruction, Tactics Strategy of Tennis

By Will Jackson

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New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\*

Print on Demand \*\*\*\*\*.Tennis is a fun, fast-paced sport that is a

great way to stay in shape, as well as to spend time with friends

and family. It is also, however, a relatively complicated game

with it's own set of rules and regulations, terms to be defined,

equipment needed and so on. Simply grabbing a tennis racquet

and hitting the clay court are not even close to enough to

prepare you for playing tennis. Tennis Beginners Guide, provides

an accessible introduction to the basics of the game of tennis.

The guide helps to define all the terms related to equipment, the

court, hits, rules of the game, and more. It then goes on to detail

the mindset of the successful tennis player, discussing the

psychology of tennis and how to use it to your advantage. The

guide begins by laying out the basic terms that tennis players

will need to familiarize themselves with if they are to get the

most out of their game. Players will need to understand the

following terms: Baseline Service line Alleys The basic tennis...



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