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# Tennis Strokes And Tactics Improve Your Game

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Essential Tennis  
Tennis Strokes and Tactics  
Winning Singles Strategy for Recreational Tennis Players  
Arthur Ashe on Tennis  
The Art of Doubles  
Power Tennis Training  
Winning Tennis  
The Mental Game  
Freedom in the Huddle  
Tennis Made Easy  
Winning Ugly  
Tennis 2000  
Absolute Tennis  
Biomechanical Principles of Tennis Technique  
Fundamentals of Tennis  
Table Tennis Tactics for Thinkers  
Elite Tennis  
Spin  
Complete Conditioning for Tennis, 2E  
The Inner Game of Tennis  
The Wim Hof Method  
Biomechanics of Advanced Tennis  
Deconstructing Tennis  
The Soft Science of Tennis  
Championship Tennis  
The Secrets of Spanish Tennis  
The Coach  
The Tennis Parent's Bible  
Playing Tennis Past 50  
Table Tennis Tactics  
Teaching Tennis Volume 3  
Tennis Skills & Drills  
World-class Tennis Technique  
The Tennis Drill Book  
The Little Green Book of Tennis  
Live the Best Story of Your Life  
Technique Development in Tennis Stroke Production  
Tennis Fundamentals  
A Handful of Summers  
Consistent Tennis Wins

*Tennis Strokes And  
Tactics Improve Your  
Game*

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## MAXIMILLIAN DOYLE

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*Essential Tennis* Createspace

Independent Publishing Platform

CHANGE CAN BE EASY. CHANGE CAN BE

FAST. Do you want a new story? Most of

us do. We are all looking to shift the

stories in our lives. But the question

remains: How? This book is the how. A

result of thousands of hours of research

from the best minds in the field of

human potential, *Live the Best Story of*

*Your Life* harnesses the power of your

personal story and provides a guide to

creating positive shifts in any area of

your life. Bob Litwin, a leading

performance coach on Wall Street and a

World Champion tennis player, brings

you 33 personalized coaching sessions

that will help you reach new levels of

success on every level of your life.

Where therapy fails, his brand of

storytelling is a faster, more effective

way to lasting change. *Live the Best*

*Story of Your Life* does not shift what we

do, it shifts who we are. It will also show

you how to: • Get clear on your old

stories and learn to leave them in the

past. • Discover the excitement and

energy of your new story. • Access the

33 strategies followed by people who

always seem to win at life. Are you on

the cusp of a brand new story? If you can

feel change brewing, if you want that

change to be painless and almost

instantaneous, *Live the Best Story of*

*Your Life* is your hand to hold, your

private coach, the map you've been

waiting for to live the best story of your

life.

*Tennis Strokes and Tactics* Little Brown

& Company

THE SUNDAY TIMES BESTSELLING

PHENOMENOM 'I've never felt so alive'  
JOE WICKS 'The book will change your  
life' BEN FOGLE My hope is to inspire you  
to retake control of your body and life by  
unleashing the immense power of the  
mind. 'The Iceman' Wim Hof shares his  
remarkable life story and powerful  
method for supercharging your strength,  
health and happiness. Refined over forty  
years and championed by scientists  
across the globe, you'll learn how to  
harness three key elements of Cold,  
Breathing and Mindset to master mind  
over matter and achieve the impossible.  
'Wim is a legend of the power ice has to  
heal and empower' BEAR GRYLLS 'Thor-  
like and potent...Wim has radioactive  
charisma' RUSSELL BRAND

### **Winning Singles Strategy for**

### **Recreational Tennis Players** Penguin

The timeless guide to achieving the state

of "relaxed concentration" that's not

only the key to peak performance in

tennis but the secret to success in life

itself—now in a 50th anniversary edition

with an updated epilogue, a foreword by

Bill Gates, and an updated preface from

NFL coach Pete Carroll "Groundbreaking

. . . the best guide to getting out of your

own way . . . Its profound advice applies

to many other parts of life."—Bill Gates,

GatesNotes ("Five of My All-Time

Favorite Books") This phenomenally

successful guide to mastering the game

from the inside out has become a

touchstone for hundreds of thousands of

people. Billie Jean King has called the

book her tennis bible; Al Gore has used it

to focus his campaign staff; and Itzhak

Perlman has recommended it to young

violinists. Based on W. Timothy

Gallwey's profound realization that the

key to success doesn't lie in holding the

racket just right, or positioning the feet

perfectly, but rather in keeping the mind

uncluttered, this transformative book

gives you the tools to unlock the potential that you've possessed all along. "The Inner Game" is the one played within the mind of the player, against the hurdles of self-doubt, nervousness, and lapses in concentration. Gallwey shows us how to overcome these obstacles by trusting the intuitive wisdom of our bodies and achieving a state of "relaxed concentration." With chapters devoted to trusting the self and changing habits, it is no surprise then, that Gallwey's method has had an impact far beyond the confines of the tennis court. Whether you want to play music, write a novel, get ahead at work, or simply unwind after a stressful day, Gallwey shows you how to tap into your utmost potential. In this fiftieth-anniversary edition, the principles of the Inner Game shine through as more relevant today than ever before. No matter your goals, *The Inner Game of Tennis* gives you the definitive framework for long-term success.

*Arthur Ashe on Tennis* Human Kinetics  
 Take Your Doubles Game to the Next Level! Whether you're trying to improve your doubles game or are just getting started playing tennis with a partner, *The Art of Doubles* is the book for you. Author Pat Blaskower is your personal coach, guiding and encouraging you and your partner to play winning tennis by showing you how to:

- choose a compatible partner
- determine your jobs on the court
- learn poaching skills
- communicate with each other and opposing teams
- maintain mental toughness
- use various formations and strategies
- pick your shots intelligently
- decide where to play: tournaments or leagues
- and much, much more!

The book also includes detailed court diagrams that show you how to execute

offense, defense, and tactical plays; checklists that summarize the most important points of each chapter; and on-court drills to help you improve and refine your skills. *The Art of Doubles* is loaded with practical, proven tennis strategies that you can put to work immediately to see improvements in your own doubles game!

*The Art of Doubles* Random House Trade Paperbacks

What makes Spanish tennis so unique and successful? What exactly are those Spanish coaches doing so differently to develop superstars like Rafael Nadal and Carlos Alcaraz-- and many other champions-- that other systems are not doing? These and other questions are answered in *The Secrets of Spanish Tennis*, the culmination of 20 years of study on the Spanish way of training by best-selling author, educator, and top junior development coach Chris Lewit. Over the course of many years and dozens of study trips, Lewit visited the leading Spanish academies and studied and interviewed some of the the most legendary coaches in Spain to discern and distill their unique and special training methodology. Now you can learn the Spanish way of training and use it to make yourself, your kids, or your students better!

*Power Tennis Training* Human Kinetics  
 From the author of *Mental Toughness Training for Sports* comes a collection of columns written for *World Tennis* magazine on playing "the mental game".

*Winning Tennis* Human Kinetics  
 Table tennis is a weirdly addictive sport. All over the world, an army of amateur table tennis players compete in leagues, tournaments, pub battles, work challenges and 'friendly' family games. A 78-year-old can beat a 28-year-old. A 10-year-old can make a grown man cry. To

win, you need ninja-like reflexes, the control and coordination of a tightrope-artist, and the tactical dexterity of a chess grandmaster. In this book, coach Tom Lodziak will help you improve your table tennis skills, win more points and win more matches. Tom shares tips on training, service, returning serves, winning points, tactics, playing matches and continual improvement. These are tips which work at amateur level. Tips which are achievable. Tips which will make a difference, even if you only play one hour per week. Are you ready to transform your table tennis game? The Mental Game White Lion Publishing

Whether you are just starting out, have been competing for decades, or are returning to the game after an extended break, Playing Tennis After 50 will improve your play and enhance your experience on and off the court. With tactics and techniques ranging from basic to advanced, you'll learn to adapt court positioning and tweak shot selection for stellar singles, doubles, and mixed doubles play. Special features such as how-to-practice games and Stroke Doctor tips will correct common errors and improve skills while you play the game. Off the court, Playing Tennis After 50 will help you avoid aches and injury with stretching and strengthening exercises. Then double your pleasure with expert information on the latest equipment, tips on finding the right club and playing partner, and ways to make tennis a lifelong activity!

**Freedom in the Huddle** Xlibris Corporation

Golf is a disease, not a game. Especially when you take the game up in your fifties, as I did. After a series of injuries stopped my recreational tennis play, and my retirement from a lifetime of coaching and teaching tennis, I tried

golf. It didn't take long to realize it was not an easy endeavor. Someone said, "You can't learn anything from a golf book, but you have to read a lot of golf books to find that out!" I found the gurus of golf instruction: Ledbetter, Pelz, and Hogan, who was said to have written the book with the secret! I did find one that really attracted me but in a somewhat different way.

**Tennis Made Easy** Racquet Tech Publishing

From legendary tennis coach Vic Braden comes an updated and improved edition of his bestselling tennis classic "Vic Braden's Tennis for the Future". 160 illustrations.

**Winning Ugly** Penguin Group

Shows you the table tennis tactics. This book offers a collection of various aspects of table tennis tactics for young players. It helps you to read your opponent's game and to decide how to play against forehand or backhand-dominant players. It also features tips on how playing tempo can be used as a tactical element.

Tennis 2000 Createspace Independent Publishing Platform

Increase shot power and on-court speed and agility with the most comprehensive tennis conditioning resource available. Combining 204 drills and exercises with online access to 56 video demonstrations, the only strength and conditioning resource endorsed by the USTA will help you outlast the competition.

**Absolute Tennis** Penguin UK

A comprehensive guide on targeting an opponent's style of play for a winning advantage. Winning Tennis is unlike any other tennis instruction guide. It doesn't explain how to hit a tennis ball, and it leaves grips, strokes and serves aside. The book focuses on winning tennis by

reading an opponent's strengths and weaknesses for clues, patterns, court position and more. Knowing what is about to come across the net is a huge advantage for preparing a winning return. The sections are: Reading the Game - turning anticipation, perception and decision-making into weapons, reading an opponent's grip, swing and court position, reading the ball (e.g., spin, speed) Serving - reading the receiver's grip, body and court position to create the desired return, why and how to vary the serve Returning the Serve - reading service patterns, grip, ball toss and court position to deliver a return the server will not want to hit Baseline Play - play patterns, stroke analysis, spotting an opponent's weaknesses, gaining control of a rally Net Play - making shots that limit an opponent's baseline options, using court positioning as a clue, deciding which approach shot to use. Opponent's Net Play - spotting an approach shot before it has been hit, tempting an opponent to make a certain play, reading an opponent's favorite play patterns Common Game Styles - the aggressive baseliner, all-court player, net rush, counter attacker, defensive baseliner Developing Your Own Style - playing to your strength, hiding your weaknesses, problem-solving and decision-making. The author explains how to build a valuable portfolio of tactical responses to any situation and how to apply the methods of the world's best players to your game. Winning Tennis: The Smarter Player's Guide is an essential resource that can revolutionize a player's tennis skills, and thus their ability to win. *Biomechanical Principles of Tennis Technique* Createspace Independent Publishing Platform Explains the scientific basis of the forces

and motions used in tennis strokes and applies six basic biomechanical principles players can use to improve their technique.

### **Fundamentals of Tennis** Human Kinetics

The 2nd Edition of The Tennis Parent's Bible delves even deeper than the original bestselling Tennis Parent's Bible- an essential guide for the competitive junior tennis player, parent and coach. The second edition opens the door to thousands of hours of athlete-coach specific instruction and parental job descriptions that will save thousands of dollars and hours of wasted time, tears and anguish. Frank clearly spells out what tennis parents need to know and understand about how to navigate their young tennis athletes through this maze of the highly competitive and performance driven sport. Regardless of the stage of development, the ultimate goal of The Tennis Parent's Bible is to maximize player potential at the quickest rate. The evolutionary state of tennis demands parents be more involved and informed. Specific roles and responsibilities of the player, coach and parent are outlined for greater synergy, team harmony and accelerate athletic growth. The Tennis Parent's Bible is essential reading for those interested in developing confident, self-reliant and accomplished children.

### **Table Tennis Tactics for Thinkers**

Xlibris Corporation

Teaching Tennis Volume 3 is a comprehensive book for players, coaches, and parents about the specifics of competitive tennis. The Development of Champions is the last of the trilogy of instructional tennis books. It will enhance the understanding of methodology and progression in teaching tournament players. After the

fundamentals of the game are explained in volume 1, readers are able to build on that information in the second book with specific details on how to develop advanced technical, tactical, mental, and physical skills. Volume 3 is for instructing tournament players of all levels for individual and team competition. It is beneficial for readers to examine these books in order. The books complement one another in the development, progression, and application process while improving your game.

**Elite Tennis** Hatherleigh Press

Explains the basic skills and techniques of tennis, and includes over sixty activities and drills, as well as instruction in singles and doubles match play.

*Spin* Human Kinetics

The essential book from online tennis coaching sensation Ian Westermann, founder of EssentialTennis.com What's the number one thing stopping you from playing your best tennis? Ian Westermann, founder of the world's #1 online tennis instruction portal, EssentialTennis.com, will confidently say it's an obstacle you probably never thought of: The ball. You might think this sounds ridiculous. The whole point of tennis is to hit the ball over the net and in, so how can the ball be the thing that's standing in the way? In fact, this is why the ball is such an impediment: your desire to hit a good shot, with the right mix of power and spin, to a specific spot on the court, prevents you from striking the ball the way you should. In *Essential Tennis*, readers – players and coaches, alike – will learn how improving at tennis actually happens and how to easily implement these lessons and integrate them into better play on the court.

Players will hit stronger shots, make fewer errors, and beat players who are currently beating them. Coaches will look differently at what it means to provide a student with a holistic learning experience. *Essential Tennis* contains technique-based instruction for executing groundstrokes, volleys, and serves, as well as progressions, drills, and mindsets players should incorporate. Westermann illuminates strokes, movement, strategy, and mental toughness – all proven to be successful over 20 years with clients of all ages and skill levels.

Complete Conditioning for Tennis, 2E  
Rider

A cult classic, from an era populated by the most colourful tennis players of all time, *A Handful of Summers* is an uninhibited account of adventures on the tennis circuits of the world. More about the hilarious escapades of players than the game itself, the book begins with a short series of vignettes from Forbes' childhood on a Cape farm, then takes the reader on a tennis tour - into locker rooms and restaurants, narrow streets and small hotels, and onwards to the lawns of Wimbledon and the caramel coloured clays of Roland Garros.

**The Inner Game of Tennis** Human Kinetics Publishers

"USA Table Tennis Hall of Famer and national coach Larry Hodges takes you on a journey not just of speed and spin, but of mind. You'll develop the habit of tactical thinking, learn what tactics to use against various styles and how to strategically develop your game so you'll have the tactical tools needed to win"--  
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- [The 5 Love Languages: The Secret To Love That Lasts](#)
- [Oh, The Places You'll Go!](#)
- [America's Cultural Revolution: How The Radical Left Conquered Everything](#)
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- [The Wonderful Things You Will Be By Emily Winfield Martin](#)
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