

Spin To Serve

Joseph Correa (Certified Professional Tennis Player),Joseph Correa

Spin Tom Lodziak,2020-08-21 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?

SPIN® -Selling Neil Rackham,2020-04-28 True or false? In selling high-value products or services: 'closing' increases your chance of success; it is essential to describe the benefits of your product or service to the customer; objection handling is an important skill; open questions are more effective than closed questions. All false, says this provocative book. Neil Rackham and his team studied more than 35,000 sales calls made by 10,000 sales people in 23 countries over 12 years. Their findings revealed that many of the methods developed for selling low-value goods just don't work for major sales. Rackham went on to introduce his SPIN-Selling method. SPIN describes the whole selling process: Situation questions Problem questions Implication questions Need-payoff questions SPIN-Selling provides you with a set of simple and practical techniques which have been tried in many of today's leading companies with dramatic improvements to their sales performance.

15 Tennis Serve Drills to Master Consistency, Spin, and Power Joseph Correa (Certified Professional Tennis Player),Joseph Correa,2014-07-08 15 Tennis Serve Drills to Master Consistency, Spin, and Power will help you develop a world class serve through drills and advanced techniques. Do you want to start winning more matches thanks to your serve? Want to make a big difference in the results you have in your matches and tournaments? Well, in tennis, YOU SPEND AT LEAST 46% OF THE TIME SERVING! Which means that the better you serve, the better your chance is of controlling that 46% of your match. The remainder of the match you spend on returning serve and hitting ground strokes and volleys during the point. This basically means that working on your forehand, backhand, over head, slice, topspin, return of serve, and other specific shots will account require a lot more time and effort to master the remaining 54% of your match. SO WHY NOT WORK ON WHAT MATTERS THE MOST? This book will: - change how you serve. - It will reduce shoulder injuries. - It will reduce the amount of running you will have to do in your matches. www.tennisvideostore.com

Essential Tennis Ian Westermann,2022-05-31 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.

Spin the Bottle Service Kirsten Moxness,Paul Moxness,2021-06-23 Airports, hotels, bars, and restaurants all present opportunities for hospitality to touch the life of a stranger. In our increasingly data-driven world, we've created systems to quantify, digitize, and calculate how to get the most out of these moments of interaction, but is data really the only way to know if we're truly being of service? Smart hoteliers and restaurateurs understand the power of personal interactions, and as the drive to digital speeds up, the ability to craft a meaningful human interaction will be a big differentiator in the market battle for guest satisfaction and retention. Using examples from over thirty years of international travel and experience in the hospitality industry, Kirsten and Paul Moxness explore key elements of creating personal experiences for guests, including: - Making genuine gratitude a natural and contagious habit - Respecting upgrades and freebies, and handling necessary downgrades - Encouraging supportive teams and empowering each employee to provide exceptional experiences - Taking a compassionate and proactive approach to safety and crisis management and resolving problems Digital cannot replace human interaction, and hospitality is all about making memorable moments of personal experience. Spin the Bottle Service is here to show you that making the most of the touchpoints beyond digital can be as easy as a twist of the wrist.

Topspin Eliot Berry,2014-10-07 Author of the acclaimed Tough Draw (which Arthur Ashe called one of the best books on professional tennis I've ever read), Eliot Berry returns to the graceful, high-stakes game of world-class tennis to share his insights on what it takes to be a winner. Berry follows today's top players, as well as a select few juniors on the rise, through the major worldwide tournaments on all surfaces--from the clay courts of the Orange Bowl to the grass of Wimbledon to the hardcourts of the U.S. Open and beyond. The author's talent for finding the most exciting battles, often far from the glare of center court, is evident in gripping play-by-play descriptions. Berry also reexamines yesterday's stars--Rod Laver, Ken Rosewall, Roy Emerson, John McEnroe, Martina Navratilova, and other greats of the game, including a fascinating portrait of the late Fred Perry that stands as a poignant testament to a vanished era. Eliot Berry, dubbed a jock with a brain by Inside Tennis magazine, views the sport within the context of its unique history to show why certain athletes succeed, how to identify tomorrow's winners, and why time at the top is fleeting, even for today's greatest champions. The author's trademark blend of insightful interviews and vivid court-side commentary opens the door to a world most tennis enthusiasts can never enter; his privileged access to the stars and their coaches and families--earned through the critical success of Tough Draw--yields a rare glimpse of world-class professional tennis as it is really lived and played. Topspin is a stunning tribute to the game, its past masters and present stars--a book for all tennis fans and players.

Spin Sucks Gini Dietrich,2014 Go beyond PR spin! Master better ways to communicate honestly and regain the trust of your customers and stakeholders with this book.

Tennis Anatomy E. Paul Roetert,Mark Kovacs,2011-07-01 See your tennis game as you never have before. See what it takes to improve consistency and performance on the court. Tennis Anatomy will show you how to ace the competition by increasing strength, speed, and agility for more powerful serves and more accurate shots. Tennis Anatomy includes more than 72 of the most effective exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. Tennis Anatomy goes beyond exercises by placing you on the baseline, at the net, and on the service line. Illustrations of the active muscles for forehands, backhands, volleys, and serves show you how each exercise is fundamentally linked to tennis performance. You'll also learn how exercises can be modified to target specific areas, improve your skills, and minimize common tennis injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you're a serve and volleyer, baseliner, or all-court player, Tennis Anatomy will ensure that you step onto the court ready to dominate any opponent.

Technical Tennis Rod Cross,Crawford Lindsey,2005 Plagued hackers and experts alike. This informative primer will help turn hours of mindless practice into a focused application of principles affecting the impact, bounce, and flight of the ball.

Spin Nick Clelland,Ryan Coetzee,2018-05-03 So you want to raise your media profile? Or you have to deal with journalists during a crisis? Written by two experienced political communicators, this short, punchy and irreverent book reveals spin-doctor secrets for managing the media in an ethical way. Many people will have to encounter the media at some time in their lives: CEOs, sportspeople, politicians, social media users, celebrities, thought leaders, academics, bloggers, authors – the list is endless. Spin is a go-to book that explains what to do when the media comes calling. Whether you've done something wonderful and newsworthy or something you wish no one knew about, this book will teach you how to maximise the good news and manage the bad. Spin will also introduce you to a previously well-guarded political methodology that actually harnesses the media and which, if used carefully, can grow your business or make you famous. Using real-life examples from the cauldron of politics, Spin covers essentials like brand strategy, practical media skills, driving issues, social media, crisis communications and ethics. This is a unique and valuable resource that will help you master the media.

Spin Robert Charles Wilson,2010-07-01 From the author of Axis and Vortex, the first Hugo Award-winning novel in the environmental apocalyptic Spin Trilogy... One night in October when he was ten years old, Tyler Dupree stood in his back yard and watched the stars go out. They all flared into brilliance at once, then disappeared, replaced by a flat, empty black barrier. He and his best friends, Jason and Diane Lawton, had seen what became known as the Big Blackout. It would shape their lives. The effect is worldwide. The sun is now a featureless disk--a heat source, rather than an astronomical object. The moon is gone, but tides remain. Not only have the world's artificial satellites fallen out of orbit, their recovered remains are pitted and aged, as though they'd been in space far longer than their known lifespans. As Tyler, Jason, and Diane grow up, space probe reveals a bizarre truth: The barrier is artificial, generated by huge alien artifacts. Time is passing faster outside the barrier than inside--more than a hundred million years per day on Earth. At this rate, the death throes of the sun are only about forty years in our future. Jason, now a promising young scientist, devotes his life to working against this slow-moving apocalypse. Diane throws herself into hedonism, marrying a sinister cult leader who's forged a new religion out of the fears of the masses. Earth sends terraforming machines to Mars to let the onrush of time do its work, turning the planet green. Next they send humans...and immediately get back an emissary with thousands of years of stories to tell about the settling of Mars. Then Earth's probes reveal that an identical barrier has appeared around Mars. Jason, desperate, seeds near space with self-replicating machines that will scatter copies of themselves outward from the sun--and report back on what they find. Life on Earth is about to get much, much stranger. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

No Spin Shane Warne,2019-07-02 Everyone knows the story, or thinks they do. The leg-spinner who rewrote the record books. One of Wisden's five cricketers of the twentieth century. A sporting idol across the globe. A magnet for the tabloids. But the millions of words written and spoken about Shane Warne since his explosive arrival on the Test cricket scene in 1992 have only scratched the surface. The real story has remained untold.

Spin to Weave Sara Lamb,2013-08-26 For spinners and weavers alike! Get in-depth information on fiber properties and color choices, as well as beautifully photographed samples. Spin to Weave is not simply a how-to-spin book, but a how-to-spin-exactly-what-you-want book. Weavers who spin their own yarns have the ability to choose fiber type, method of twist insertion (woolen, worsted), twist amount and/or direction, finishing methods, and grist. Author Sara Lamb focuses on the process of spinning for specific results, providing detailed instructions, a sampling of projects, variations, and a gallery of pieces by other spinners. Sara takes the reader to the very source of woven fabric--introducing the thought processes and concepts related to choosing fibers and how to spin them with finished fabric in mind.

Spin Control Chris Moriarty,2006 Major Catherine Li and A.I. Hyacinthe Cohen join forces once again to track down a defecting clone who has stolen a radical genetic weapon capable of destroying the precarious balance of power throughout the universe, in the sequel to Spin State. Original. 17,500 first printing.

Principles of the Spin Model Checker Mordechai Ben-Ari,2008-04-13 This is the first introductory textbook on Spin, the only requirement is a background in programming. Spin models are written in the Promela language which is easily learned by students and programmers. Spin is easy to install and use. The Spin model checker is not only a widely used professional tool but it is also a superb tool for teaching important concepts of computer science such as verification, concurrency and nondeterminism. The book introduces Spin-based software that the author has developed for teaching. Complete programs demonstrate each construct and concept and these programs are available on a companion website.

The Dorito Effect Mark Schatzker,2015-05-05 A lively and important argument from an award-winning journalist proving that the key to reversing North America's health crisis lies in the overlooked link between nutrition and flavor. In The Dorito Effect, Mark Schatzker shows us how our approach to the nation's number one public health crisis has gotten it wrong. The epidemics of obesity, heart disease, and diabetes are not tied to the overabundance of fat or carbs or any other specific nutrient. Instead, we have been led astray by the growing divide between flavor—the tastes we crave—and the underlying nutrition. Since the late 1940s, we have been slowly leeching flavor out of the food we grow. Those perfectly round, red tomatoes that grace our supermarket aisles today are mostly water, and the big breasted chickens on our dinner plates grow three times faster than they used to, leaving them dry and tasteless. Simultaneously, we have taken great leaps forward in technology, allowing us to produce in the lab the very flavors that are being lost on the farm. Thanks to this largely invisible epidemic, seemingly healthy food is becoming more like junk food: highly craveable but nutritionally empty. We have unknowingly interfered with an ancient chemical language—flavor—that evolved to guide our nutrition, not destroy it. With in-depth historical and scientific research, The Dorito Effect casts the food crisis in a fascinating new light, weaving an enthralling tale of how we got to this point and where we are headed. We've been telling ourselves that our addiction to flavor is the problem, but it is actually the solution. We are on the cusp of a new revolution in agriculture that will allow us to eat healthier and live longer by enjoying flavor the way nature intended.

Hitting Against the Spin Nathan Leamon,Ben Jones,2021-06-10 'Fascinating and insightful . . . lifts the curtain to reveal the inner workings of international cricket. A must-read for any cricketer, coach or fan' Eoin Morgan 'This path-breaking book should be compulsory reading for commentators and captains - and all cricket fans' Mervyn King 'Clever and original but also wise' Ed Smith How valuable is winning the toss? And how should captains use it to their advantage? Why does a cricket ball swing? Why don't Indians bat left-handed? What is a good length and why? Why are leg-spinners so successful in T20 cricket? Why did England win the World Cup? Why do all Test bowlers bowl at either 55 or 85mph? Why don't they pitch it up? All cricketers long to know the answer to these questions and many more. Only fifteen years ago it would have been difficult to answer them - cricket was guided only by decades-old tradition and received wisdom. Data has changed everything. Today we can track every ball to within millimetres; its release point, speed and bounce point are measured as are how much the ball swings, how much it deviates off the pitch, the exact height and line that it passes the stumps, and multiple other variables. Hitting Against the Spin is the story of that data, and what it can tell us about how cricket really works. Leading cricket thinkers

Nathan Leamon and Ben Jones lift the lid on international cricket and explain its hidden workings and dynamics - the forces that shape cricket and, in turn, the cricketers who play it. They analyse the unseen hands that determine which players succeed and which fail, which tactics work and which don't, which teams win and which lose. They also explore the new world of franchise cricket as well as the rapid evolution of the T20 format. Revolutionary in its insights, *Hitting Against the Spin* takes you on a fascinating whistle-stop tour of modern cricket and sports analytics, bringing cricket firmly into the twenty-first century by revealing its long-kept secrets. This is the most important cricket book in decades.

Let the Great World Spin Colum McCann,2009-06-23 NATIONAL BOOK AWARD WINNER • Colum McCann’s beloved novel inspired by Philippe Petit’s daring high-wire stunt, which is also depicted in the film *The Walk* starring Joseph Gordon-Levitt In the dawning light of a late-summer morning, the people of lower Manhattan stand hushed, staring up in disbelief at the Twin Towers. It is August 1974, and a mysterious tightrope walker is running, dancing, leaping between the towers, suspended a quarter mile above the ground. In the streets below, a slew of ordinary lives become extraordinary in bestselling novelist Colum McCann’s stunningly intricate portrait of a city and its people. *Let the Great World Spin* is the critically acclaimed author’s most ambitious novel yet: a dazzlingly rich vision of the pain, loveliness, mystery, and promise of New York City in the 1970s. Corrigan, a radical young Irish monk, struggles with his own demons as he lives among the prostitutes in the middle of the burning Bronx. A group of mothers gather in a Park Avenue apartment to mourn their sons who died in Vietnam, only to discover just how much divides them even in grief. A young artist finds herself at the scene of a hit-and-run that sends her own life careening sideways. Tillie, a thirty-eight-year-old grandmother, turns tricks alongside her teenage daughter, determined not only to take care of her family but to prove her own worth. Elegantly weaving together these and other seemingly disparate lives, McCann’s powerful allegory comes alive in the unforgettable voices of the city’s people, unexpectedly drawn together by hope, beauty, and the “artistic crime of the century.” A sweeping and radical social novel, *Let the Great World Spin* captures the spirit of America in a time of transition, extraordinary promise, and, in hindsight, heartbreaking innocence. Hailed as a “fiercely original talent” (San Francisco Chronicle), award-winning novelist McCann has delivered a triumphantly American masterpiece that awakens in us a sense of what the novel can achieve, confront, and even heal. **BONUS:** This edition includes an excerpt from Colum McCann’s *TransAtlantic*. “This is a gorgeous book, multilayered and deeply felt, and it’s a damned lot of fun to read, too. Leave it to an Irishman to write one of the greatest-ever novels about New York. There’s so much passion and humor and pure lifeforce on every page of *Let the Great World Spin* that you’ll find yourself giddy, dizzy, overwhelmed.”—Dave Eggers “Stunning . . . [an] elegiac glimpse of hope . . . It’s a novel rooted firmly in time and place. It vividly captures New York at its worst and best. But it transcends all that. In the end, it’s a novel about families—the ones we’re born into and the ones we make for ourselves.”—USA Today

Spin Rebecca Janni,2017-02-21 Go for a spin up a hill—when the story of a bike ride becomes an inspirational journey. Albert Einstein once said, Life is like riding a bicycle. To keep your balance you must keep moving. Ride along up and down the hills and valleys of this bike ride. Featuring lyrical text and vivid artwork, *Spin* shows that any mountain can be climbed. By pushing forward and pedaling around and around, anyone can spin onwards.

Spin Michael S. Sitrick,1998-04 The world's most revered spinmaster divulges the true stories behind explosive celebrity scandals, reveals his secret strategies for managing the press, and provides an outline for crisis management.

Uncover the mysteries within Explore with is enigmatic creation, Discover the Intrigue in **Spin To Serve** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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