

Tennis

Greg Moran, Kelley Moran

Tennis Fundamentals Carol Matsuzaki,2004 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.

My First Tennis Book Union Square & Co,2016-04-05 Simple words and phrases, paired with photographs, illustrate beginning tennis concepts.

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.

The Original Rules of Tennis Bodleian Library,2011 The modern game of tennis dates from 1874,

when the rules were defined by Major Walter Clopton Wingfield. Published in association with the All England Lawn Tennis Club (Wimbledon), this book examines the history of the rules of tennis from their first codification to the present day.

Tennis Malcolm Douglas Whitman, 1968

Serious Tennis Scott Williams, Randy Petersen, 2000 Serious Tennis is the most comprehensive tennis resource, containing expert instruction on each facet of the game. Learn with the world's top instructors as they provide insights into modern tennis technique, training methods, and match strategy. Combining the sport's latest physical conditioning methods with its most advanced mental training techniques, this book enables you to reach your full potential, regardless of skill level. Top international tennis instructor Scott Williams presents his SMARTS system for perfecting stroke technique. The system includes the following: - Seeing - Movement - Adjusting - Rotation - Transfer - Swing In Serious Tennis, Williams breaks down the four main skill groups in the SMARTS system: stroking skills, playing skills, mental skills, and preparatory skills. He then identifies three phases of development-the core phase, the mileage phase, and the fine-tuning phase-that all players should follow to improve their game. During the first phase, stroking and playing skills are sharpened on the practice court. Once in the mileage phase, techniques such as consistency, placement, and court positioning are tested during game situations. The fine-tuning phase focuses on preparatory skills such as conditioning, nutrition, sleep, and the mental skills you need to consistently win. This approach allows intermediate and advanced players to be in a continual mode of physical and mental progression to truly enhance their skills and tactical understanding of the game. From improving shot selections to performing under pressure, this book covers every aspect of the game. Become the player you've always wanted to be with Serious Tennis.

Tennis Science for Tennis Players Howard Brody,1987 How does your opponent put that tricky spin on the ball? Why are some serves easier to return than others? The mysteries behind the winning strokes, equipment, and surfaces of the game of tennis are accessibly explained by Howard Brody through the laws of physics. And he gives practical pointers to ways players can use this understanding to advantage in the game. Through extensive laboratory testing and computer modeling, Brody has investigated the physics behind the shape of the tennis racket, the string pattern, the bounce of the tennis ball, the ways a particular court surface can determine the speed of the game, and the many other physical factors involved in tennis.

Tennis Mastery David W. Smith,2004

The Tennis Player's Handbook Tennis Magazine Editors,The editors of Tennis Magazine,1980

Official Encyclopedia of Tennis United States Lawn Tennis Association,1972

Zen and the Art of Playing Tennis Agam Bernardini,2015-04-13T00:00:00+02:00 Zen and the Art of Playing tennis is one of the first book that have analyzed the mental and psychological aspect of the game of tennis. The purpose of the book is to fill the great vacuum still existing about the mental and psychological side of the game of tennis; even today, when almost everybody is recognizing it's importance, very few people know what to do to solve the problem. This book it's of great help, for the tennis players of all levels, to understand why the mind and the emotions are interfering so much with our natural capacities to play tennis and explain how to neutralize these negative influences and how to play our best tennis, even under pressure and in the most difficult situations. It proposes also all the techniques and exercises to help to improve the mental and psychological side of the game of tennis, that until now has so negatively influenced our performances and prevented us from expressing totally and freely our thecnicaland physical abilities. Zen and the Art of Playing Tennis

was first published in Italy where has been selling over 20.000 copies and it's still selling and it's appreciated by many tennis players and tennis teachers and coaches.

Smart Tennis John F. Murray, 1999-03-22 The game with yourself is often tougher than the battle against any opponent. Smart Tennis shows you how to win the inner match while having fun along the way.--Lindsay Davenport, world's #1 ranked player for 1998 Become a More Competent and Confident Tennis Player Smart Tennis is the secret weapon that tucks right into your tennis bag. Apply these proven principles of sport psychology to your game and gain a winning advantage both on and off the courts. Smart Tennis is a must for players at all levels-from beginners to Wimbledon champions! An outstanding book for understanding and improving your mental game.--Vic Braden, tennis telecaster and researcher If you ever want to use the title of this book to describe how you played your last match, then Smart Tennis is for you.--David Higdon, senior writer, Tennis Magazine This is an excellent book of psychological skills that can be immediately applied on the tennis court.--E. Paul Roetert, Ph.D., Administration of Sports Science, United States Tennis Association

The Inner Game of Tennis W. Timothy Gallwey, 1997 Concentrates upon overcoming mental attitudes that adversely affect tennis performance, including learning to relax, effectively concentrating, and discarding bad habits

Whening Tennis Larry Huebner, 2004 Whening Tennis: In Tennis, as in Life, Timing is Everything is an instructional book. It is unique in that it does not focus on the how to of playing the game as much as the when to for more tennis success. The author's primary focus on when decisions is an entirely new instructional approach for many aspects of the game. When a player learns to combine good when decisions with real effort to play the game to the best of their ability, regardless of the

final score, winning has been achieved. Thus, Whening Tennis becomes winning tennis, the essence of the book. The subtitle, In Tennis, as in Life, Timing is Everything, emphasises the importance of when decisions and their crossover from tennis into life's experiences. What a fantastic job Larry Huebner has done with his great publication, WHENING TENNIS! First, one would be hard pressed to find anyone more qualified to write about tennis than Larry - no one is more respected in the tennis world by people who know the game. Second, how refreshing it is to have something other than just a How-to book to help one understand and enjoy tennis more! Larry has done a fantastic job in selecting, simplifying and organizing his topics. Everything Larry writes about is relevant to today's game. I enthusiastically recommend this book for players of all abilities, as well as parents. ENJOY... -Dick Gould, Coach of 17 NCAA Men's Championships Director of Tennis, Stanford University For more information try the website at www.w-tennis.com. or see the link to the student workbook Whening Tennis Student Workbook

Epic Matthew Cronin, 2011-03-10 A top tennis writer tells the story of the greatest Wimbledon, the greatest U.S. Open, and the greatest rivalry in the history of the game The epic 1980 Wimbledon final that ended with John McEnroe's defeat by his idol, Bjorn Borg, is considered the greatest tennis match ever. The U.S. Open final later that year, when McEnroe got his revenge, is considered the greatest U.S. Open ever. These two matches marked McEnroe's transformation from tennis player into an American icon, the high point of tennis's gigantic leap into the national consciousness, and the beginning of Borg's rapid and surprising decline. This book takes you back to that amazing summer at the height of the golden age of tennis. Includes fascinating details about John McEnroe and Bjorn Borg both on and off the court, from grueling practice sessions to late-night partying Packed with stories and anecdotes of top tennis players and coaches, including Vitas Gerulaitis,

Mary Carillo, Lennart Bergelin, and others Highlights a pivotal moment in the evolution of the game?from quiet to loud, from wood to metal racquets, and from European to American dominance Written by veteran tennis writer and analyst Matthew Cronin Whether you're a longtime tennis fan or a recent convert, Epic will give you a deeper understanding of the game and of two of the most amazing players ever to have played it.

The Tennis Experience Eugene L. Scott,1979

Girls' Tennis Elizabeth Rusch,2007-03-21 Describes tennis, the skills needed for it, and ways to compete.

Tennis Doubles Beyond Big Shots with Companion Video Greg Moran,Kelley Moran,2009 50-minutes of exclusive tennis doubles instruction and tips featuring top teaching professionals.

The Right Set Caryl Phillips,2010-04-28 From stately lawns and gentlemen players to Andre Agassi and Venus Williams: 65 great writings on tennis that chronicle the transformation of the sport. Since its inception, tennis has embraced traditions more patrician than plebeian. But times--and tennis--have changed. The game once reserved for royalty has moved from estate lawns to the concrete courts of the city. Old guard amateurs have given way to prodigies plastered with corporate logos. And while barriers of gender, race, and class have been shattered, the modern plagues of self-promotion, the paparazzi, and challengers of ever-escalating talent loom large. In *The Right Set*, award-winning novelist and editor Caryl Phillips presents a collection of writings on the remarkable evolution of a gentleman's pastime into a sport of jet-set players of athletic and psychological genius. Here are the stories of champions, from the Renshaw twins to ghetto Cinderella Venus Williams. Here, too, are volleys between tradition and innovation--debates on everything from etiquette and earnings to André Agassi's rejection of the customary tennis whites.

Insightful, informative, wonderfully entertaining, *The Right Set* is as colorful and surprising as the game itself. John McPhee on Ashe vs. Graebner David Higdon on Venus Williams James Thurber on Helen Wills Martina Navratilova on Bad Losers Martin Amis on Smashing the Rackets and more

On Tennis David Foster Wallace, 2014-06-24 David Foster Wallace's extraordinary writing on tennis, collected for the first time in an exclusive digital-original edition. A long-time rabid fan of tennis, and a regionally ranked tennis player in his youth, David Foster Wallace wrote about the game like no one else. ON TENNIS presents David Foster Wallace's five essays on the sport, published between 1990 and 2006, and hailed as some of the greatest and most innovative sports writing of our time. This lively and entertaining collection begins with Wallace's own experience as a prodigious tennis player (*Derivative Sport in Tornado Alley*). He also challenges the sports memoir genre (*How Tracy Austen Broke My Heart*), takes us to the US Open (*Democracy and Commerce at the U.S. Open*), and profiles of two of the world's greatest tennis players (*Tennis Player Michael Joyce's Professional Artistry as a Paradigm of Certain Stuff About Choice, Freedom, Limitation, Joy, Grotesquerie, and Human Completeness and Federer Both Flesh and Not*). With infectious enthusiasm and enormous heart, Wallace's writing shows us the beauty, complexity, and brilliance of the game he loved best.

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