



Nick Bollettieri s Tennis Handbook (Paperback)

By Nick Bollettieri

Human Kinetics Publishers, United States, 2015. Paperback. Condition: New. 2nd edition. Language: English . Brand New Book. Nick Bollettieri s Tennis Handbook, Second Edition, is the most comprehensive guide to learning and teaching tennis from the sport s most successful coach. Nick Bollettieri s training and development system is recognized around the world. He has developed or coached the game s elite players, including Andre Agassi, Venus Williams, Serena Williams, Maria Sharapova, Jelena Jankovic, Jim Courier, Boris Becker, Martina Hingis, Marcelo Rios, Monica Seles, Kei Nishikori, Petra Kvitova, and Sabine Lisicki. Now, Bollettieri provides the same instruction on skills and tactics that has made his IMG Academy a destination for aspiring players from around the world. From serves and returns to volleys and lobs, every shot in the game is covered to give you the most dynamic offensive arsenal. You ll learn key strategic points that will help you identify your opponents tendencies and attack their weaknesses. Featuring 55 drills for singles and doubles play, the most effective conditioning exercises and programs for all styles of play, and the latest on equipment, technology, and mental training, Nick Bollettieri s Tennis Handbook offers a one-of-a-kind opportunity to train with a true...



READ ONLINE
[2.03 MB]

Reviews

This is the greatest pdf i actually have go through right up until now. It is actually packed with knowledge and wisdom I found out this book from my dad and i advised this publication to find out.

-- Arely Rath

I actually started reading this pdf. It can be rally exciting throug reading period of time. Your lifestyle span is going to be enhance as soon as you total reading this ebook.

-- Nya Bechtelar