



# Tennis in a Weekend: Step-by-step Techniques to Improve Your Skills

By Dominic Bliss

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Tennis in a Weekend: Step-by-step Techniques to Improve Your Skills, Dominic Bliss, This title features step-by-step techniques to improve your skills. It is an information-packed guide to all the techniques needed to play this exciting game with confidence and skill, shown in over 240 dynamic and practical photographs. It features expert instructions on the serve, groundstrokes, volley, lob, forehand/backhand smash and dropshots, as well as a guide to the perfect posture for each shot. It includes an illustrated guide to tennis equipment, from rackets and balls to specialist shoes and clothing. Common faults are corrected and exercises are shown step-by-step, to help you develop and improve your shots. It explains the rules and scoring system of the game, with useful hints and tips on strategy for both singles and doubles, and how to adapt to different surfaces. It contains a handy glossary of tennis terms, from approach shot and backspin to string savers and Western grip. Played all over the world for fun, fitness and competition, tennis is a wonderful game that appeals to both young and old. From Grand Slam tournaments to local contests or a friendly knock-around, the essential techniques...



### Reviews

I actually began looking at this pdf. It is actually rally interesting throgh reading time period. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you ask me).

-- Brayan Mohr Sr.

A superior quality publication along with the font used was fascinating to learn. I have read through and i also am certain that i am going to go through yet again again in the future. Your life period will likely be enhance the instant you total reading this publication.

-- Donnie Rice

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Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



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Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peppa Pig: Nature Trail - Read it Yourself with Ladybird: Level 2, Peppa Pig and her family are enjoying a nature walk when they get lost. Can Peppa, George, Mummy Pig and Daddy...



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