



Tennis in a Weekend: Step-bystep 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-bystep, 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...



READ ONLINE [7.29 MB]

Reviews

A very great pdf with perfect and lucid information. I am quite late in start reading this one, but better then never. Its been developed in an extremely basic way in fact it is simply soon after i finished reading this pdf in which really altered me, alter the way i really believe.

-- Pascale Weissnat

An exceptional ebook and also the typeface applied was intriguing to read through. I have got read and i also am sure that i am going to likely to go through yet again once more in the foreseeable future. I discovered this pdf from my dad and i advised this ebook to find out.

-- Dr. Raven Ledner

Other Books



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 2: Cat in a Bag (Hardback)

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...



Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners

Fernhurst Books Limited. Paperback. Book Condition: new. BRAND NEW, Learn the Nautical Rules of the Road: An Expert Guide to the COLREGS for All Yachtsmen and Mariners, Paul B. Boissier, Expert information for yachtsmen and professional mariners. This is the ideal book...



The Tale of Jemima Puddle-Duck - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Tale of Jemima Puddle-Duck - Read it Yourself with Ladybird: Level 2, This is a gentle adaptation of the classic tale by Beatrix Potter. Jemima Puddle-Duck wants to lay and hatch her...



Dom's Dragon - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner of a friendly dragon called Glow! But...



Peppa Pig: Nature Trail - Read it Yourself with Ladybird: Level 2

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...



Rumpelstiltskin - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Rumpelstiltskin - Read it Yourself with Ladybird: Level 2, In this classic fairy tale, a miller's daughter has to spin straw into gold for the king. A funny little man comes to help...