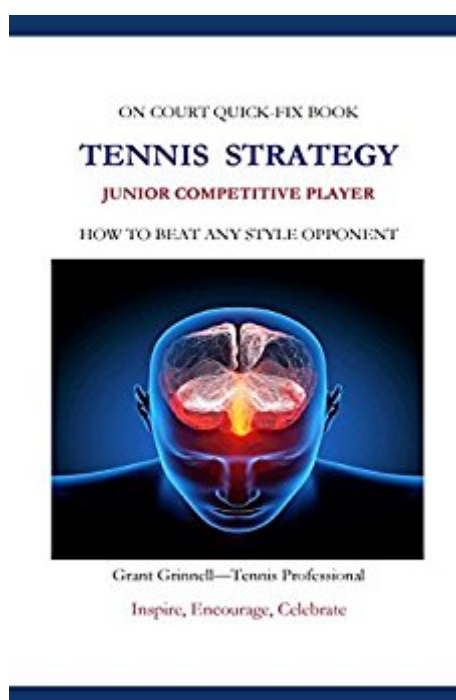




The book was found

Tennis Strategy For Junior Tournament Players - Quick Fix Book: How To Beat Any Style Opponent



Synopsis

This (quick-fix) book anticipates and addresses all the challenges junior tournament players will face from gaining the right perspectives, to defining their journey, to co-creating their goals, to coping with the nerves and pressures of match play. The tips are pointed, cut right to the chase, are simplified in layman's terms, and summarized into powerful bullet point sections for (instant) access. The book includes a singles (blue print to win) which simply defines winning patterns of play using statistical information from match play analytics. The blueprint is an essential reference and guide for all level junior tournament players who want to dramatically increase their winning percentage. In addition, the book provides potent tactics for how to beat any style player including, Singles: how to beat a big server, a great returner, aggressive baseliner, pusher, counter-puncher, hacker-slicer, and all-court player. Doubles: how to beat big serving teams, great returning teams, teams that control the net, one up one back teams, poaching teams, lobbing teams, and teams with one hot player. The mental toughness section clearly pinpoints the precise philosophies, attitudes and mindsets necessary for junior players to consistently play up to and stretch the upper limits of their ability. Overall, this (quick-fix) book is designed to save time, help kids improve practice sessions, reduce match play nerves and pressure, and give them the instantaneous tactical wisdom to consistently win.

Book Information

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Customer Reviews

Tennis is a tough game. Players take innumerable lessons, practice hard and yet only one person walks away from a tournament a winner. To juniors, this can be an especially hard lesson. Grant's philosophy is invaluable helping my juniors take pride in their tournament performance. It has taken an enormous amount of pressure of them so they are free to perform at their best and they enjoy tennis now more than ever. A must read for any young tournament players!

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