



Tennis: The Ultimate Guide To Tennis - Master The Fundamentals Of Tennis And Level Up Your Game In 7 Days

Jayden West

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Enjoy the Sport of Tennis – Improve Your Game in Just a Week!

What can this book do for you?

Tennis: The Ultimate Guide to Tennis - Master the Fundamentals of Tennis and Level Up Your Game in 7 Days will teach you the essentials of the game and how to improve your physical skills:

- Athletic ability
- Explosiveness
- Balance
- Hand-Eye Coordination
- Ball judgment

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How does this book address the the “inner game” of tennis?

Tennis: The Ultimate Guide to Tennis - Master the Fundamentals of Tennis and Level Up Your Game in 7 Days isn't just about technique. It explains how to develop the mental skills you need to become a great tennis player:

- Motivation
- Focus
- Competitive Spirit
- Problem-Solving

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What can you do right now to improve your tennis game?

With this insightful book, you'll discover the fundamental strokes you need to succeed on the court. *Tennis: The Ultimate Guide to Tennis - Master the Fundamentals of Tennis and Level Up Your Game in 7 Days* offers a great wealth of drills for you to level up your skills as soon as possible:

- Beginner Drills
- General Groundstrokes
- Serve Drills
- Footwork Drills
- Volley Drills
- Overhead Drills

and many more!

This book even offers insights into tennis strategy for singles and doubles play!

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You'll be so glad you gained these game-winning skills!

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