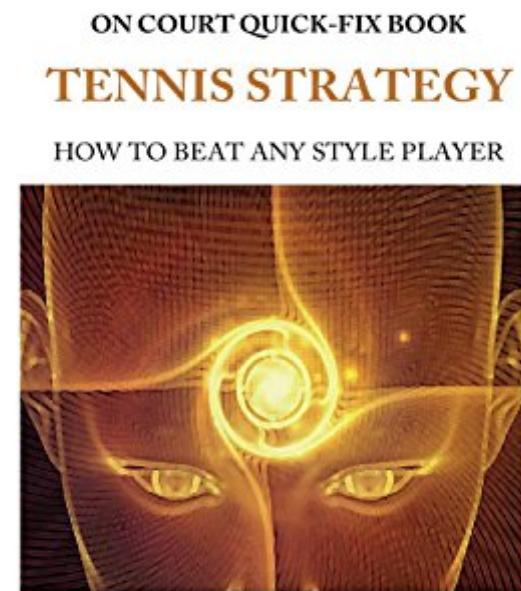


The book was found

Tennis Strategy- Quick-Fix Book: How To Beat Any Style Player



Grant Grinnell—Tennis Professional
Inspire, Encourage, Celebrate



Synopsis

This (quick-fix) book gives you the tactics and mental philosophy to beat any style player, singles or doubles. The tips are pointed, cut right to the chase, are in layman's terms and summarized into powerful bullet point sections for (instant access). The book is the culmination of 38 years coaching, 50,000 hours on-court experience, years of seeking uncommon knowledge, and decades of creating the most (efficient and effective) methods to help students find their best fast! The book has 3 main sections: 1. Understanding different styles of players. 2. How to beat any style player, singles or doubles. 3. Mental toughness philosophy and mindsets. The strategy section provides potent tactics on 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 uniquely redefines attitudes regarding winning and losing, competition, pressure, mistakes, fear, choking, and adversity to teach you how to play up to and (stretch) the upper limits of your ability. Overall, this book is designed to save you time, improve practice sessions, free your mind and emotions from blocking the flow of your body, and give you the instantaneous tactical wisdom to consistently win!

Book Information

File Size: 421 KB

Print Length: 55 pages

Page Numbers Source ISBN: 1514729717

Publication Date: April 24, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01ES10I9O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #170,611 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #21

in Books > Sports & Outdoors > Coaching > Tennis #29 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Tennis #39 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Miscellaneous > Reference

Customer Reviews

This is a great book for anyone who wants to improve their games to the next level. The book has three sections:1. Understanding Your Style and Your Opponents.2. How to Beat Any Style3. Quick fix Mental toughness tools.I recommend reading mental toughness section first since these are the areas you don't normally learn from regular tennis lessons. It totally changed how I see and approach my games. My body movement changed dramatically having different mental state. It relaxes you, gives you more clear focus and consistency.I use this book before and after my match to improve my game mostly mentally, but also to improve my strategy. Highly recommended!

This booklet is a good summary of T strategies. Expensive for a small booklet.

This book is straight to the point and condensed enough in length for a quick read with great insight to competing against all different types of players as well as enhancing your mental game. So often there are tennis books written in full novel form, and you find yourself trying to extract the key points. In Grant's book they are already summarized for you. I plan on keeping it with me for my upcoming tennis season Would highly recommend!

Quick description what and when should we do. This book should be used on every tennis match. Good approach to transfer as much info as possible in one pill.

It is ok. Wasn't what I was expecting.

not a new inform or knowledge

Very good quick review guide to playing against any style player. Some great tips and strategies; I would recommend.

I won't disclose the very simple yet effective lesson that this book teaches. The book is the best tennis dollars you'll ever spend.

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