

The book was found

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

ON COURT QUICK-FIX BOOK
TENNIS STRATEGY
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:Â 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

inÂ Books > Sports & Outdoors > Coaching > Tennis #29 inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Tennis #39 inÂ 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!

Quck 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 books teaches. The book is the best tennis dollars you'll ever spend.

[Download to continue reading...](#)

Tennis Strategy: How To Beat Any Style Player - Quick-Fix Book Tennis Strategy- Quick-Fix Book:
How to Beat Any Style Player Tennis Strategy for Junior Tournament Players: How to Beat Any
Style Opponent - Quick-Fix Book Tennis Strategy for Junior Tournament Players - Quick Fix Book:
How to Beat Any Style Opponent How to Play Tennis: The Complete Guide to the Rules of Tennis,
Tennis Scoring, Tennis Grips and Strokes, and Tennis Tips for Singles & Doubles Tennis: Top 5
Strategies How to win more matches, How to Play Tennis,Killer doubles, Tennis the Ultimate guide
(Tennis Strategies How to win more matches Book 1) 101 Tennis Tips From A World Class Coach
VOLUME 1: A Common Sense Approach to Tennis (101 Tennis Tips From A World Class Tennis
Coach) Singles Strategy - Quick-Fix Book: High Percentage Tennis Tennis For The Rest Of Us: A
Practical Guide For The New, Nearly New, Newly Frustrated Or Nearly Discouraged Tennis Player
How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player
Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle Quick Fix
Yoga 2017 Day-to-Day Calendar: Any Time Stress Relief Singles Strategy: Blueprint to Win -
Quick-Fix Book The Tennis Drill Book (Tennis Drill Book, Paper) International Book of Tennis Drills:
Over 100 Skill-Specific Drills Adopted by Tennis Professionals Worldwide Tennis The U.S. Open
2018 Wall Calendar: The Official Calendar of the United States Tennis Association Tennis The U.S.
Open 2017 Wall Calendar: The Official Calendar of The United States Tennis Association Tennis
Strategies: The Top 100 Best Things That You Can Do to Greatly Improve Your Tennis Game The
Ultimate Guide to Weight Training for Tennis (Ultimate Guide to Weight Training: Tennis) The
Tennis Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Tennis
Court Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)