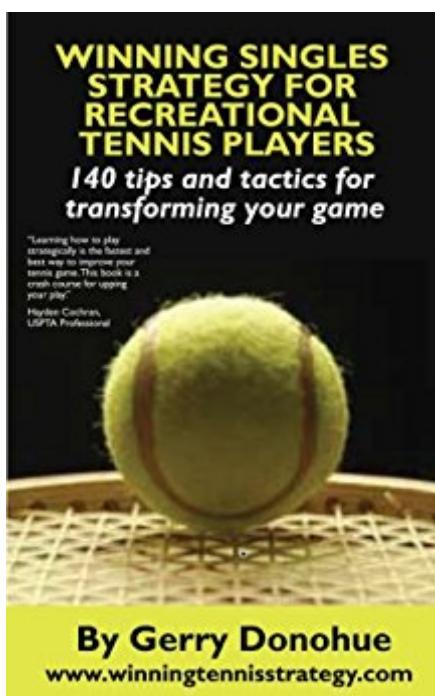


The book was found

Winning Singles Strategy For Recreational Tennis Players: 140 Tips And Tactics For Transforming Your Game



Synopsis

This book is not about how to hit the tennis ball. It's about where to hit the ball, when, and why. It focuses on playing tennis strategically, which is the quickest and best way to raise your game to the next level. For recreational players, developing a strategic approach to the game is the single, most transformative step you can take. In this book, you will learn how to take advantage of the strengths in your game, how to minimize your weaknesses, and how to attack your opponent's game. Most tennis players start by focusing on the mechanics of their strokes. That makes sense. If you can't hit the ball over the net and inside the lines, the rest doesn't really matter. Later, when you're hitting the ball well, it's fun to keep working on your shots. All tennis players love to hit the ball. Unfortunately, stroke improvement has a diminishing return. Early on you improve rapidly, but then the pace levels off. It can be frustrating to work, week after week, month after month, and not see any progress. Developing your strategic understanding of the game completely changes that dynamic. It's difficult to exaggerate how much focusing on strategy can improve every aspect of your game. At first glance, tennis is a marvelously simple game. All you have to do is hit the ball over the net and inside the lines one time more than your opponent does and you win the point. Do that often enough and you win the match. In truth, however, tennis is endlessly complex. That's why it becomes a lifetime passion for so many of us. It's a demanding amalgamation of muscle memory, hand-eye coordination, geometric understanding, stamina, and split-second decision making. Adding another layer of complexity, most of us model our games on professional tennis players. We see them win points by smacking the felt off the ball, going for the lines, serving aces, and hitting topspin lobs from outside the doubles alley. We want to play like that. The catch is we don't have unbelievable hand-eye coordination and don't practice eight hours a day. Is it any wonder, then, that about 80 percent of points in a recreational match end with an unforced error? That's right. Eight out of 10 points end and often more end because you or your opponent hit the ball into the net or outside the lines. When we come out on top in a match, we like to think that we won. It's probably more accurate to say that we didn't lose. At the core of strategic success at the recreational level is reducing unforced errors. Cutting them by just one or two per set can lead to an exponential leap in matches won. This book are filled with strategies and tactics that you can adopt and adapt to improve your game. You don't need to apply all of them; use only the concepts that work for you. If altering the strategies better suits your game, go for it. Playing strategically will make your game more consistent. You'll become a better competitor, and you'll have more fun.

Book Information

File Size: 797 KB

Print Length: 62 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 17, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00JS2YH1O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #49,838 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6

in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Sports & Outdoors #6

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Tennis #28

in Books > Sports & Outdoors > Individual Sports > Tennis

Customer Reviews

Exactly what the title says. Mr. Donahue doesn't over do it. If you can incorporate these basic principles as the foundation of your game, you can build yourself into a formidable tennis competitor.

Book is good - quite repetitive if I may say so, but I think that's perhaps 'coz some points do bear repeating as we forget earlier chapters. I'm glad I did buy it though. Did get my mind thinking on more issues on court as I explore tennis seriously.

Fantastic advice! In my level (3-3.5 at best) I think strategy is far more important than stroke development alone. Many people play brain dead tennis, with this book I can play knowing exactly what I want to do. Just make a plan and follow it, you'll enjoy your matches more even if you lose from time to time.

If you're serious about improving your tennis game, this is a must read! It's a clear, helpful, and really effective book. I can't recommend it highly enough! Please don't let anyone I regularly play against read it.

This book is a great resource for basic strategy at the recreational level. It is an easy, quick read and serves both as instruction for the beginner as well as a refresher for the seasoned player.

Finding this book was a most pleasant surprise! You can read an endless number of books on how the pros play, but how many are written with that are dedicated to the casual player and his/her game? That's what I am and this text speaks directly to it; highly recommended!

Good read for beginner or amateur looking for simple strategy points. No advanced tactics for players above a decent high school player

Love the Book. My singles' tennis game got much better after reading the e-book.

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