



# Successful Tennis: 303 Tips

*Angela Buxton, Nenad Simic*

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## Winning advice from a tennis champion and a professional tennis coach.

This indispensable resource for tennis players has a wealth of tips and suggestions on how they can improve their skills and increase their enjoyment of the game. Small enough to be carried in a tennis bag and even taken onto the court, *Successful Tennis* is like receiving private sessions with a pro.

The expert authors concentrate on how to master the small details that will turn a losing match into a winning one. Specific problem areas are addressed, and color photographs of players in action highlight each correction.

The book features 303 tips on every aspect of the game, including:

- Forehands
- Backhands
- Serves
- Returns of serve
- Footwork
- Volleys
- Overhead shots
- Mentality and tactics
- Doubles play
- Fitness and nutrition

*Successful Tennis* is designed for the experienced player whose game will benefit most from the subtle corrections that the authors prescribe, whether for ground strokes, the approach to the ball, the serve, the volley or the overhead. This book is useful for any tennis player who is competitive and participates in matches at any level.

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