



114 Tennis Strategies, Mental Tactics, and Drills (Russian Edition): Improve Your Game in 10 Days (Paperback)

By Correa (Certified Professional Tennis Co

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: Russian . Brand New Book ***** Print on Demand *****.114 Tennis Strategies, Mental Tactics, and Drills: Play Like a Pro By Joseph Correa (Russian Edition) Learn how to uncover mental and physical skills you never thought you had. The best strategies in the game and the best drills to develop your game to the next level. Simply start reading and putting into practice what you learn. What all the best tennis pros in the world know but don't share. Now you can have this privileged information in your hands. (Black and white version) It is said that winning in tennis is 80 - 90 MENTAL! Just take into account that key points in a tennis match such as match point, game point, break points, and set points, are all crucial situations that can decide the outcome of any particular competition. SO WHY DO MOST PEOPLE SKIP MENTAL TRAINING? Take into account that on average a tennis match lasts 1 hour and 30 minutes. Focusing for such an extended amount of time is not easy task but with the right concepts and ideas to get you there things will become more...



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