



Tennis: Training and Conditioning for Tennis

By Alan Pearson

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Tennis: Training and Conditioning for Tennis, Alan Pearson, Tennis is a dynamic, explosive sport that requires a wide range of skills - multi-directional speed, agility, hand-eye co-ordination and a high level of fitness. SAQ Tennis provides a complete conditioning programme that will help players at all levels develop and improve their game to bring about real performance gains. Featuring techniques developed over many years by some of the world's leading coaches and players, as well as the latest practical and technical innovations, this essential resource takes you from the fundamentals - warming up, running form, warming down etc. - through to tennis-specific and shot-specific drills. It contains easy-to-follow and clearly illustrated throughout.

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