



Women's Tennis Strategies: Win More Matches by Playing Smarter

Joseph Correa

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Learning to master the mental side of tennis has always been a difficult part of the game. Some players have decided to simply not train mentally or simply ignore it which is a big mistake. 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 obtainable. Start reading and putting into practice the concepts and ideas provided in this book so that you can get the most of your game and win more often. The best tennis strategies to win more in your league, junior, professional, and recreational matches. Knowing what to do and how to do it in your matches can make all the difference in the world. What should you do against a consistent player? What can you do against a hard hitter? Is there a strategy for lobbers? How can I overcome players who hit only with slice? How should I play against someone who hits with a lot of topspin? These and many more questions are answered in this book. Do you know any tennis player who doesn't play as well as the others but for some reason finds a way to win? That's because they are using the right strategy for the right player and winning against players above their level. Written and created by a professional tennis player and coach. For this and many more books and DVD's go to www.tennisvideostore.com

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