



Tennis Tips: Bite-Size Techniques To Boost Your Game

Peter O'Connor

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Tennis Tips: Bite-Size Techniques To Boost Your Game is a simple and easy-to-apply book in which you will discover ninety-six tennis tips and tricks you can immediately use to improve your game, in the shortest time possible.

Inside you'll discover...

- Exactly what racket to buy for a better game.
- Why training like a boxer could improve your game.
- How to strengthen your mental game so you play with confidence, courage, and control.
- How to serve, and what a 'slice serve' is.
- How to hit a forehand volley
- How your diet could help you win more often.
- The top 5 forehand volley tips to stun your opponent
- PLUS lots more bite-size tips to help you play better.

Back-Pocket Books is a leading publisher of quick-to-read guides that focus on easy-to-implement ideas and techniques to help you get the most from your hobby.

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