



# 60 Tennis Strategies and Mental Tactics: Mental Toughness Training

*Joseph Correa*

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## **60 Tennis Strategies and Mental Tactics: Mental Toughness Training** Joseph Correa

60 Tennis Strategies and Mental Tactics: Mental Toughness Training By Joseph Correa This book will teach you how to beat any style of play and will help you overcome mental hurdles that most of us normally have during competition. Knowing what to do and when are key questions when you are under pressure and wish you had a guide to get you in the right direction. Some of the strategies you will learn are: How to beat an all-court player. How to beat the "net rusher". How to overcome "lobbers". What to do after you double fault. Learn from the best with this great tennis strategy book that will get you winning more matches and thinking better on and off the court. Win more matches by using the right strategy for each situation. The more strategies and tactics you know and can use the better it is for you. 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 an 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. For more great tennis videos and books, go to [tennisvideostore.com](http://tennisvideostore.com)

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