



The Tennis Workshop: A Complete Game Guide

Alan Jones, Barry Wood

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This is a comprehensive manual on all aspects of the game of lawn tennis for players, coaches, and officials. After an introduction to the sport and its basic procedure, there follows a practical guide to modern equipment and clothing. The core of the book explains technique and tactics in detail, demonstrated in sequence photographs of Jo Durie and Clare Wood. There are separate sections on coaching, the mental approach, training and injury, doubles and short tennis, and expert advice on sports movement, umpiring, and turning professional.

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