



Singles and Doubles Tennis Strategies: Winning Tactics and Mental Strategies to: Beat any tennis player with these creative and practical strategies!

Joseph Correa

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Singles and Doubles Tennis Strategies: Winning Tactics and Mental Strategies to Beat Anyone By Joseph Correa Pro tennis player and coach, Joseph Correa, teaches you the most important singles and doubles tennis strategies and tactics around to help you maximize your potential. Learn about: - "I" formation doubles strategies - Classic doubles strategies - Advanced doubles strategies - Basic tennis strategies - Advanced tennis strategies - Mental tennis strategies - and more... Some of the strategies you will learn how to do 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. Every player is different in their own way. Some players prefer to stay on the baseline, while others prefer to rush the net. This book will give you the answer to your strategy questions. These 32 strategies will teach you how to beat many different types of players and will help you to overcome mental obstacles through specific mental strategies that are included in this book. 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 books and videos go to www.tennisvideostore.com

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