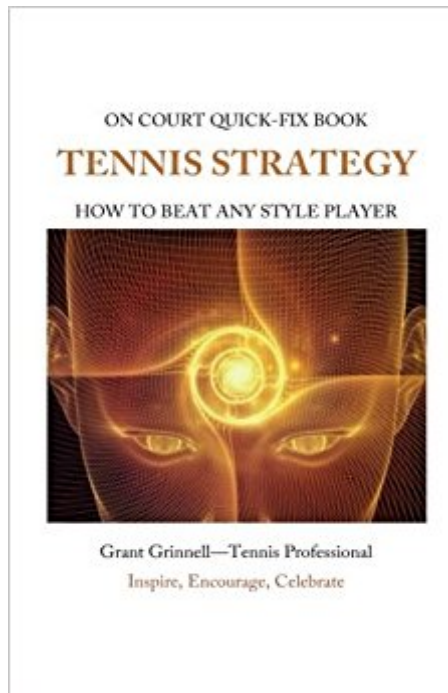




The book was found

Tennis Strategy: How To Beat Any Style Player - Quick-Fix Book



Synopsis

This (quick-fix) book gives you the tactics and mental philosophy to beat any style player, singles or doubles. The tips are pointed, cut right to the chase, are in layman's terms and summarized into powerful bullet point sections for (instant access). The book is the culmination of 38 years coaching, 50,000 hours on-court experience, years of seeking uncommon knowledge, and decades of creating the most (efficient and effective) methods to help students find their best fast! The book has 3 main sections: 1. Understanding different styles of players. 2. How to beat any style player, singles or doubles. 3. Mental toughness philosophy and mindsets. The strategy section provides potent tactics on how to beat any style player including, Singles: how to beat a big server, a great returner, aggressive baseliner, pusher, counter-puncher, hacker-slicer, and all-court player. Doubles: how to beat big serving teams, great returning teams, teams that control the net, one up one back teams, poaching teams, lobbing teams, and teams with one hot player. The mental toughness section pinpoints the philosophies, attitudes and mindsets necessary for players to consistently play up to and (stretch) the upper limits of their ability. Overall, this book is designed to save you time, improve practice sessions, free your mind and emotions from blocking the flow of your body, and give you the instantaneous tactical wisdom to consistently win!

Book Information

Paperback: 54 pages

Publisher: CreateSpace Independent Publishing Platform (November 19, 2015)

Language: English

ISBN-10: 1514729717

ISBN-13: 978-1514729717

Product Dimensions: 5.1 x 0.1 x 7.8 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 41 customer reviews

Best Sellers Rank: #145,633 in Books (See Top 100 in Books) #14 in Books > Sports & Outdoors > Coaching > Tennis #47 in Books > Sports & Outdoors > Individual Sports > Tennis #52 in Books > Sports & Outdoors > Racket Sports

Customer Reviews

Grant Grinnell is a USPTA certified tennis professional. This book is dedicated to inspiring, encouraging and celebrating every aspiring player!

This is a great book for anyone who wants to improve their games to the next level. The book has three sections: 1. Understanding Your Style and Your Opponents. 2. How to Beat Any Style 3. Quick fix Mental toughness tools. I recommend reading mental toughness section first since these are the areas you don't normally learn from regular tennis lessons. It totally changed how I see and approach my games. My body movement changed dramatically having different mental state. It relaxes you, gives you more clear focus and consistency. I use this book before and after my match to improve my game mostly mentally, but also to improve my strategy. Highly recommended!

This booklet is a good summary of T strategies. Expensive for a small booklet.

This book is straight to the point and condensed enough in length for a quick read with great insight to competing against all different types of players as well as enhancing your mental game. So often there are tennis books written in full novel form, and you find yourself trying to extract the key points. In Grant's book they are already summarized for you. I plan on keeping it with me for my upcoming tennis season. Would highly recommend!

It is ok. Wasn't what I was expecting.

not a new inform or knowledge

Very good quick review guide to playing against any style player. Some great tips and strategies; I would recommend.

I won't disclose the very simple yet effective lesson that this book teaches. The book is the best tennis dollars you'll ever spend.

Small, short tidbits on tennis strategy which could be very helpful for any middle school or high school player who is serious to improve their game. Gave this to my younger sister and she loves it and looks forward to apply it in her game.

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