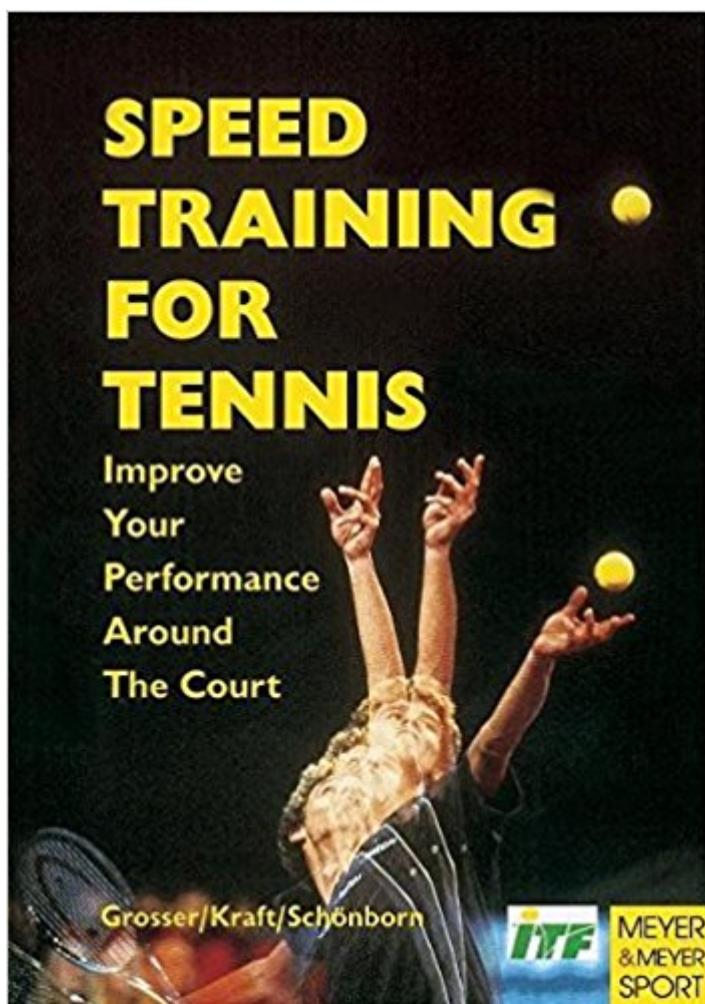


The book was found

# Speed Training For Tennis: Improve Your Performance Around The Court



## **Synopsis**

Speed is, along with technique and co-ordination, one of the most important performance-limiting factors in tennis. This study offers suggestions for tennis-specific speed training for a wide range of tennis coaches and active players.

## **Book Information**

Paperback: 120 pages

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## **Customer Reviews**

This book addresses how to effectively improve in tennis. By increasing all types of speed of movements and coordination you will become a better tennis player. It addresses what most players don't want to do to get better. It addresses what most coaches don't include in their lessons. Finally, it addresses what most players need when on court---games and exercises that will improve their speed, therefore improve their technique.

Another good piece of work from the former Chief Trainer of the German Tennis Federation.

Richard is still very much active in research for tennis - in all aspects of the game. Currently, a much sought after speaker at the International Tennis Federation's seminars worldwide, this new work by him provides greater practical knowledge to be added for speed around/across the tennis court, as distinct from pure speed down a 100 metre track. Covered topics include enhancing innate speed, power in speed, endurance etc. Coaches of all levels of skill will definitely find something useful in this new book. I know I have, besides the hundreds of coaches in Europe and the Americas applying it on court at this moment when you are reading this review.

I purchased this book for my High School aged son to read and use to help his overall speed in tennis. It's like going back in a time capsul...it may have been cutting-edge 2 or 3 decades ago but it's so old it isn't even readable. It has found a place on a stack with other books that didn't pan out. No teenager on earth would read it.

The best book of this type on the market. The high level. Better for highly educated coaches.

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