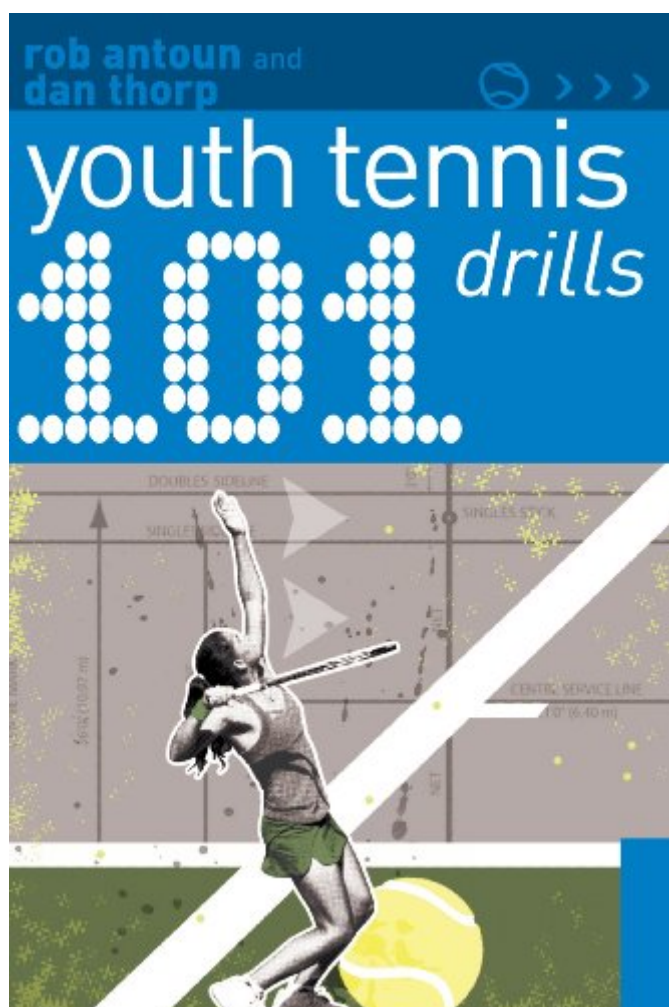


The book was found

101 Youth Tennis Drills (101 Drills)



Synopsis

Designed specifically for young tennis players, this manual contains a wide range of progressive practice drills to help players develop. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills, including: warming up baseline play net play serving/returning doubles play As well as easy-to-follow instructions, each drill contains information on the equipment needed, the space required, how to construct a safe and effective training session and how to organise the participants, especially when there are lots of players taking part.

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