

Tennis Training: Enhancing On-court Performance - , W. Britt Chandler

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Filled with action photographs to illustrate the exercises and techniques, this book distills contemporary scientific research into easily accessible principles for designing and implementing tennis training programs. Sample programs provide a highly targeted, efficient, practical, and individualized framework for every competitive level, including junior, collegiate, professional, adult, and senior. Science is brought to the court with clarity and precision, informing and transforming on-court performance. Author: Kovacs, Mark Author: Chandler, W. Britt Author: Chandler, T. Jeff Publisher: USRSA Illustration: N Language: ENG Title: Tennis Training: Enhancing On-court Performance Pages: 00352 (Encrypted EPUB) / 00352 (Encrypted PDF) On Sale: 2012-11-20 SKU-13/ISBN: 9780972275972 Category: Sports & Recreation : Tennis Category: Sports & Recreation : Training

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