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The Accelerated Tennis Program

By Eldon Wilson

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The Accelerated Tennis Program is a guide designed for individuals who want to advance their player development as rapidly as possible. Having efficient mechanical skills is not enough. In order to play well and win on a consistent basis you need to have a mental edge over your opponent. As you go through this book it will be necessary for you to make honest evaluations of your mental, physical and emotional states. By studying the concepts of each chapter, and implementing them into your practice and match play, you will learn how to control your emotions and adapt to almost any on-court situation. One of the main purposes of this book, which differs from other instructional books on tennis, is that it teaches you how to evaluate your matches from a mental and emotional perspective. Learning to do this is essential in order to make progress and improve your game. This guide includes many strategies, techniques and concrete examples that will help you strengthen your mind as a psychological muscle in order to develop mental/emotional...

Reviews

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