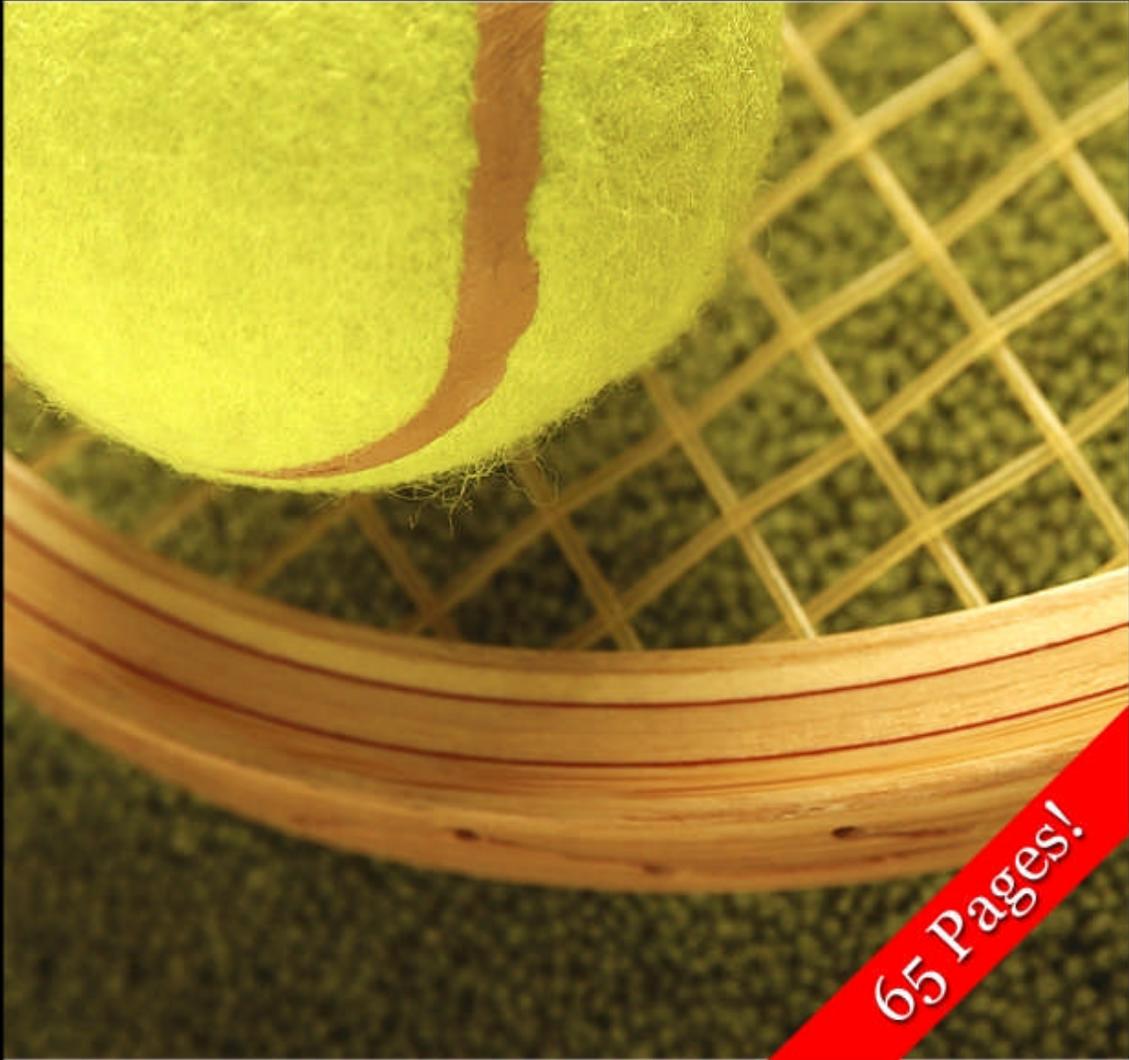


LAWN TENNIS EXPLAINED

SELECTED TIPS - 65 PAGES!

Lawn Tennis Explained



65 Pages!

Brought to you by Wings of Success

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Tennis: Choosing A Racket

Tennis gear is most important for any of the tennis player; it does not matter whether he is beginner or old player. Among all tennis merchandise, proper selection tennis racket is extremely important. Quality of whole tennis game that you are going to play depends solely on tennis racket, so it's obvious to choose best tennis racket.

There is wide range of tennis rackets available in market, so it's tough to choose the best. But, here are some of facts that will help you choose the best racket:

- Your skills
- Your playing style
- Material and weight of the racket

Here is the detailed description of how above-mentioned point will help you in choosing good tennis racket:

- **Skill Level:**

Skill level also plays an important role in selection of the tennis racket, as racket choices changes from beginner to advanced players.

-Beginners:

For beginners, it's advisable to select cheap rackets with larger head. Reason behind this is, initially while learning the game; it would be easy to hit the ball with larger head. Also there is no need of spending more money in purchasing costly racket, until you have learned all the basics and determined to actively participate in game.

-Intermediate and Advanced:

Intermediate and advance players will choose racket opposite to that of beginners i.e. they will choose racket having smaller head size. Reason is that, the racket with small head will have more strength in shots. Also, the player will have good controls in hits with small head rackets.

- **Playing style:**

Style of playing also matters in the selection of tennis rackets. If you like to use topspin in game,

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you should choose tennis racket with heavy head. Also tennis rackets are being specially designed for tennis players, who play serve and volley. Same is the case with players, who mainly plays ground strokes. Thus, in whatever style you are playing the game, selection of tennis racket accordingly is advisable.

- **Racket weight:**

Racket weight helps in avoiding injuries. Tennis rackets should weigh a bit higher and head portion should be light in weight. Because lighter rackets causes elbow and shoulder problems. Ground stroke will also be much better with heavier rackets.

- **Material of the racket:**

Material from which racket is made up of also matters. Generally, tennis rackets are made up of graphite, aluminum, Boron and Kevlar. Graphite rackets performs the best for beginner as well as intermediate as it has excellent hitting power. Aluminum rackets are cheaper but provide good feel. Boron and Kevlar rackets should not be used by beginning player as it causes shoulder problems.

Thus, these are things that you should keep in mind before selection of the best tennis racket.

Tennis: A Way To Get Fit

For a long time, tennis has been considered as one of the best games for keeping your body fit. Most of the tennis players always go for tennis, without any excuse of age or saying this game as fun. Thus, this gives clear idea that how genuine tennis is for body fitness. Majority of tennis players consider that this is an exercise with good equipments and also exhaustive.

Are you fit for tennis fitness exercise?

It's easy to answer this question; you would surely get the answer of this question in next line. If you are not too young to play tennis, you are not fit for tennis fitness exercise program. Age is not the matter for this fitness program as I frequently work with tennis players, who are having an age 60 years or more than that. Tennis Fitness exercise is not about hitting the ball hard, ground stroke at the speed of 150 mph.

Fun of the game:

This game includes a lot of fun. Some questions that might be raised in your mind are:

- Is there, fun anywhere else except playing good tennis and that too without any extra efforts?

The following example will answer your above question. There are two tennis players with us. One is Ferrari with top speed of 200 mph and other one is Ford Escort with top speed of 90 mph. These two motors are totally different, but both of them are used for same purpose.

Both of them can run on the road (the tennis court) and travel from point A to the point B (play a tennis match). With equal attempt (at half throttle), Ferrari will speed up to 100 mph while Ford Escort will speed up to 45 mph

- But what are the results if some of parts of Ford Escort's engine are replaced by a Ferrari?

Probably the maximum speed of Ford Escort may rise by 20 mph. So by small tinkering in the shop (tennis fitness program), 10 mph has been added to same half throttle effort. Thus, not Ford Escort's half throttle performance when you drive is 55 mph, which was 45 mph earlier.

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Are you now willing to add little pizza in your tennis game with no extra efforts on court? Don't you think that it would be more fun, if you just walked out magically and play better in tennis court with no additional efforts?

Wouldn't that be a great experience and that too full of fun and excitement?

So, answers to the above questions will surely lead you to tennis programs workouts. Believe us it would be great experience of mixture of fun along with fitness at tennis courts.

Tennis: Practice Makes Perfect

The only important and repeated words uttered by any tennis coach are practice, practice and practice. These words might be bugging any of the tennis players initially, but practice only makes any tennis player the best.

Beginner's advice:

By practicing only, you can learn various tennis strokes. Initially take dozens of balls on the court. Just smash the ball over the net for reasonable amount of time. Lots of beginners, do not practice and just get down to play the game. While playing the game, they face many problems and develop bad habits, which are difficult to change later on.

First of all, you should learn strokes by practicing it regularly. Once you are with thorough basic strokes, then there is lot of time to play matches. It's not necessary to play with opponents only; you can also have good experience and confidence by playing with your partner.

While practicing, it is recommended to any of the beginner to drop the ball and then to hit it over net instead of wall. This will help to judge right height needed for any of the shot. This will also help in gaining practice of getting ball over the net. You can also learn different angles of the court. These things are most important for any beginner to learn while practice. So, our suggestion to every tennis beginner at the time of practice is to hit the shot against the net instead of wall.

Avoid bad habits:

Here is a list of bad habits that should be avoided while practicing:

- Don't expect where the ball will drop, thus there will be no perfect timing of return hit.
- Hastening your shot will result into over running of ball.
- Improper positions and swing.
- Play with easiest strokes essential to return the ball instead of achieving experience, practice

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on feeble shots.

Advantages of Tennis practice:

Benefits/Advantages of tennis practice are mentioned below:

- For hitting your strokes correctly.
- For making decision on ball, at perfect time and distance.
- For gaining self-confidence and removing fear regarding some strokes.
- Gaining better control over the ball along with knowledge of court angles.

Right time to play tennis:

It's time to play tennis when one is able to hit the ball in any place in the court. At the time of playing tennis, one must have a clear idea about where the ball is going to drop and which is the best stroke for hitting the ball.

After practicing a little on the tennis court, it's now time to set the goals. So, for this you need to pick up a pen and paper, after that you need to keep a track on documents i.e.

- Where you are weak?
- Your mental stiffness level.
- Which exercise you need to concentrate more? As there are lots of exercise and aerobics for increasing your energy levels. This exercise can be performed at gym, court and at home also.

Thus, tennis practice is a must for any tennis player, for performing well at the time of game.

Tennis: Match Strategies

Do you want to be a good tennis player? Then try the strategies of dealing with tennis demands and after that only outplay the opponent player. Basic as well advance strategies only lead you towards better tennis.

Rules of tennis strategy

The first tennis strategy is to keep the ball in play. But, if your opponent is a strong tennis player, your shots must be powerful. So your first rival in tennis is tennis only.

You had to deal with tennis challenges i.e. perfect judgment of the ball, moving towards ball, timing the shot and try to hit hard such that it moves over 1 m high net.

When you think that you are losing the game, start playing against your opponent in tennis. Now here are general strategies with which you will either reduce the effect of your opponent's advantage or take advantages of their weakness.

Neutralizing strategies

1. Opponent should not attack with strength. Most of the players play some good shots and you need to notice and study those shots.
2. Players should be prevented from good attacking position – When ball is short and at perfect height, then that position is said to be an attacking position.

Thus good neutralizing strategies are moreover logical.

- Playing deep.
- Down the middle.
- Keep your opponent on move.

There are some of the more complicated and advance strategies. But here studying some of simple offensive strategies will help you a lot.

Offensive tennis strategies

Offensive tennis strategies are very analogous to neutralizing. Here are some of the points that will make your understanding more clear.

1. Take advantage of opponent's weakness

Taking advantage of opponent's weakness will help you a lot in winning the game. By concentrating on weaker side of your opponent you can force your opponent to make mistake. By playing short, you can easily bring your opponent to net and can win the point easily.

2. Take time from opponent

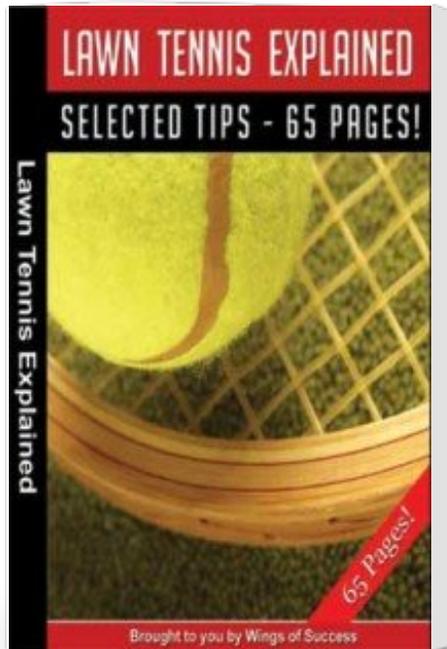
Taking time from opponent is best strategy but thing is you should know how and when to use it. Two important tactics for this strategy are:

1. To hit the ball hard so that you can easily win point.
2. To play the ball early like Andre Agassi.

These are two offensive techniques which shall definitely help you to the win point in tennis game. Thus, when you are playing tennis, you should be consistent.

Also you should consider your first opponent is tennis itself. After playing tennis consistently with minimum number of errors, you should start playing with your opponent. Thus, this article is a complete package that helps you in strategizing your tennis game.

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