



International Book of Tennis Drills: Over 100 Skill-Specific Drills Adopted by Tennis Professionals Worldwide

By Professional Tennis Registry

Triumph Books. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.9in. x 6.0in. x 0.8in. Filled with time-tested drills designed to improve every aspect of ones game, this updated edition is the ideal resource for any tennis player who wants to gain an edge on their competition. With more than 100 practice drills for both group and independent practice, readers will learn how to improve their serving, returning, groundstrokes, lobs, drop shots, approach shots, overheads, volleys, and much more. The singular, authoritative source for skill-enhancing drills, this guide is equally useful for beginning or advanced players of all ages. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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