



Tennis For Dummies

Patrick McEnroe, Peter Bodo

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This trainer begins with the very basics and rules of the game and is an introduction to the game for all those whose tennis experience involves sitting on the sofa and not moving during the last week of June and the first week of July each year. The book then takes the reader through the sport and discusses the hardware of the game - racquets, balls, nets and court surfaces. The text is filled with expert tips and side-bars from some of the most famous names in tennis. Patrick McEnroe discusses all the greats (including his brother) and the shots they were most famous for. Along with simple instruction, this book guides readers through the basics of tennis. This includes the serve to the forehand and backhand, playing to the net and, most importantly, holding one's nerve against any opponent and winning the match. The book features comprehensive coverage of ATP and WTA tours and gives a full explanation as to how their ranking system works. The book features photographs, illustrations and court diagrams for proper technique, practice and conditioning elements. It also includes tips on the right diet, exercise, flexibility and attaining the levels of mental and physical fitness required to get the level of tennis the reader wishes to obtain.

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