



# Tennis ABC: My First Tennis Book

*Sveto P. Matovic M.S.*

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## **Tennis ABC: My First Tennis Book** Sveto P. Matovic M.S.

Tennis ABC book is emerged as the result of years of work of European and U.S. experts in the field of sport, especially tennis. This useful book is intended for young players-juniors and their parents. In addition to addressing the historical development of tennis game in 24 pictures "Tennis ABC", the book consists of three parts: A-awareness - where the children draw attention to basic hygiene rules, proper posture, as well as nutritional guidance for the youngsters. B-basic technique - presented young players how to hold their racket and proper technical execution of all strokes in tennis. C-conditioning - the third part of this beautiful book brings a number of dynamic and static stretching exercises and suggestions how to improve the physical qualities: speed, strength and endurance. The creation of "Tennis ABC" was done by co-authors: Robert Lansdorp, the most successful coach of young tennis players, who helped develop many young players and among the best known are: Pete Sampras, Tracy Austin, Lindsey Davenport and Maria Sharapova, prof. Aleksandar Marinkovic, a famous European track and field expert and Sveto Matovic, certified specialist in Competitive Player Development. Foreword for this book was written by Tracy Austin, famous tennis player, former number one, now very popular tennis commentator who has been on the NBC, USA Network and now the Tennis Channel.

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