



The Principles of Tennis: An Instructional Guide to Help Improve the Technical, Physical, and Mental Aspect of Your Tennis Game

Alex Braksator

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There are plenty of coaches out there for young, ambitious junior tennis players to help improve their strokes. This book not only focuses on improving the technical aspect of young tennis players, but also provides helpful advice on physical and mental elements of tennis that can be used to make a junior ready for competitive tournament play.

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