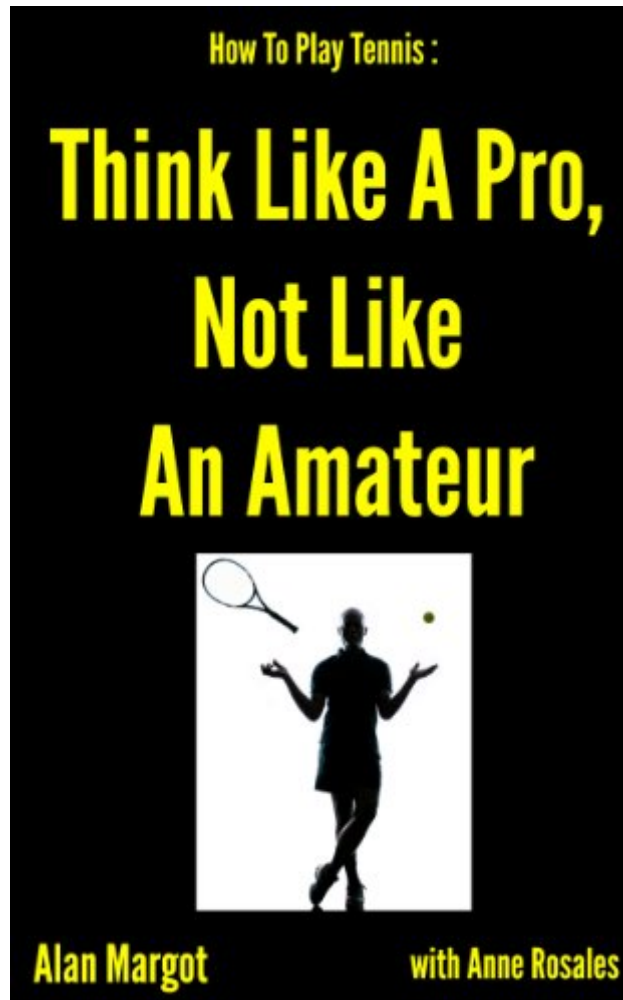




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How To Play Tennis: Think Like A Pro, Not Like An Amateur



Synopsis

If you could perceive the game of tennis as a pro does, would you do it? Would you be willing to change your mental paradigm about tennis â “ to play at your current level, but perceive it at a higher level? Iâ™ve written this book to share my insights with you. Itâ™s not meant to replace on-court instruction that will improve your strokes, footwork, etc. It goes beyond the mechanics. This book wonâ™t help you tune up your volleys and groundstrokes, but itâ™ll help you see when a particular shot will be your âœweapon of choice.â • Even more important, the concepts in this book will enhance your awareness so you play your best tennis, and enjoy the sport the way youâ™ve always wanted to. Let's get started!

Book Information

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Customer Reviews

Finally. Amid my desire to hurry up and get better, to learn more shots and techniques, here comes Alan to put my head in a better place. It's strategy too, and Alan covers that. But to implement anything--a play or particular shot--you have to read and react. Alan shows us how to approach that aspect of the game. Relax. Believe. Have fun. Own it. Important techniques are covered to help you

begin to appreciate and enjoy all the aspects of tennis.

I wanted more (thus only 4 stars) but what I received was all five star. boils game play down to focal points key to staying "in the moment" wanted a book summary page that could be printed out on a reminder card, to help get these kernels incorporated into my automatic play.

No big surprises, but some helpful things to keep in mind when playing tennis. The idea that tennis is really played in the interval between ball being hit is especially helpful for my game (when I can remember to focus on what is happening on the other side of the net instead of my side).

I'm a 58 year old USTA 4.0 who is looking to take my game to the next level. This book helps one look at the game from a different perspective. Follow the precepts and it can take "score pressure" off of you and help you play closer to your best tennis for more of the match. It helps one to remember tennis is supposed to be enjoyable, win OR lose.

I'm always interested in new advice to improve my game. This book does not do that. Hyped as "think like a pro" I didn't find that to be the case and really felt like he was wanting you to reread "The Inner Game of Tennis". Very forgettable and not worthwhile. Review my review history to see other books of tennis that I like much more.

Alan has given me simple, easy to grasp and use, common sense ideas which have greatly improved my game. These "mental attitude" tips will help improve a player's ability no matter what level they play. His book reinforces some tips I have already heard. Thanks Alan.

I used to play very good when practicing and training drills, but always played far below "my level" when playing tournaments. This book really put perspectives to my game and made my game closer to my practice sessions. Short but sweet book. A must have!

This is an excellent psychological book. I couldn't figure out why I was losing to players, I should have been beating. I was playing in fear. Yikes! I went out the next day, started the bounce hit, turned the camera around on them, focused on their bounce, hit. What a difference.....

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