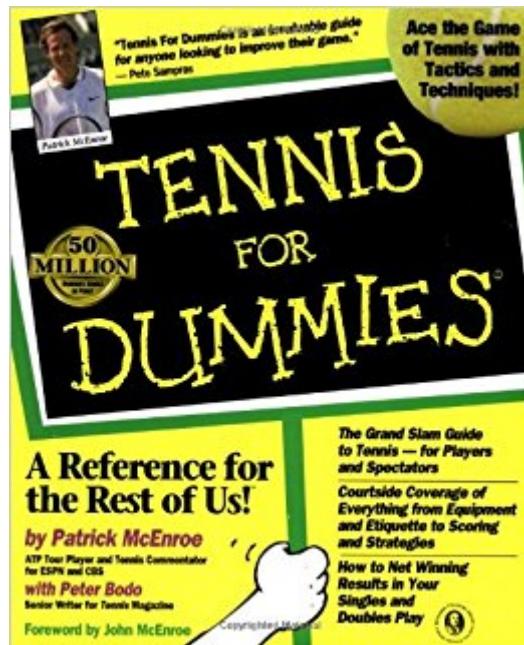


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# Tennis For Dummies



## Synopsis

Tennis is a sport for a lifetime. It really is a game that you can enjoy long-term, both as a player and a spectator. Played all over the world on surfaces ranging from concrete to clay the game of tennis is exciting to watch and even more fun to play. Whether you're an adult looking for a new challenge or a parent starting your kids off, Tennis For Dummies provides a terrific introduction to the sport. It doesn't matter if you're young or old, if you who want to start playing the game of tennis, but don't have the motivation or information to do so, this book can show you the way. If you're already into the game, you'll find out how to take your skills to the next level. This easy-to-understand guide will introduce you to the basics of the game and show you what it takes to improve each time you step on the court. Tennis For Dummies also covers the following topics and much more:

- Equipping yourself with the right apparel, racket, and accessories
- Polishing your strokes
- From your serve to lobs
- Finding out how the game is scored
- Shaping up with physical conditioning
- Dealing with common tennis injuries such as shin splints and tennis elbow
- Sharpening your mental game
- Exploring the finer points of tennis etiquette, both on the court and in the stands
- Discovering how to find the best tennis instructor for you

Whether you're interested in playing singles or doubles, on hard court or clay, Tennis For Dummies will inspire you to get out on a court and play. Featuring detailed photos, illustrations, and court diagrams this book can help you discover how the game of tennis is played and show you how to get the most out of yourself each and every time you pick up a racquet.

## Book Information

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## Customer Reviews

Actually I'm fourteen but I bought this book entering my freshman year of high school to get

acquainted with the game. It really does a thorough job of introducing one to the tennis world, covering everything from gear, tennis racquets, grips, strings, and the different types of strokes (forehand, backhand, volley, lob, serve, spins), and what the strokes ARE, but does not focus on how they should be implemented during matches. Advanced tennis players will probably already know most of the info in the book, but absolutely superb for beginners. It really helped me get started with tennis and reduced a LOT of beginner's confusion (eg. what stroke is that again... which is my forehand/which is my backhand, and what they should look like, how do i score, what in the world is a volley?? really detailed information on gear, how to score, what the grand slams are, short bios on historical players, and a lot more) really, really helpful and a must read for all beginners, a good reference book for intermediate players. After attending 6 weeks of tennis camp and hard work outside of tennis camp, I got into my school's JV team, muchly thanks to this book but also thanks to the fact that we didn't have cuts this year because too many people dropped out of tryouts.

I am an advanced player who has been training everyday for several years. This is an excellent overview of tennis. It does not get very detailed into anything, but it covers everything. What do I mean? For example, when it talks about forehand, it shows you basically how to hit it but doesn't include much more information like about open stance, semi-open stance, hip rotation, etc. It does include the very basic information. It also gives you information about the pro tour, how the tournaments work, and grand slams. I also like a few creative pages of information like "a day in the life of a pro" and "mommy, where do pros come from?" I recommend it for any beginner to intermediate player and it could even add one or two tips to the knowledge of the advanced player (afterall, no one knows everything!).

I think it's a good and well-written book for a beginner. I wish it had more detailed pictures when authors are explaining techniques of the game . It has some, but the majority of techniques described in words rather then pictures. However, I wasn't able to find much better book with regard to visual explanations. On the other hand, when it comes to keeping in mind a novice, you can't beat the Dummies books.

I was quite confused by this book which supposed to be simple. Later on I realized some part of the book is wrong.e.g. The picture of the ad/deuce side of the court is exactly the opposite, although some text to describe them in later chapter seems to be correct.The description of grips is even more confusing. I don't understand, why can't the book just simply mark it on the racquet and your

hand? Is that so hard to do? I don't know whether the author made those mistakes or the printer just mis-printed them, but after reading this book, I had to do a lot of research on line to finally get the basic rules.

I'd suggest this book to everyone who is interested in tennis. It's very complete, it ranges from the very first steps to the greatest tennis matches ever, from injury prevention to strength building. It doesn't matter if you are an absolute beginner or a veteran: it's so involving that after reading it, you'll certainly become addicted to tennis !

This book is an excellent source for beginners. It will show you everything from why love means nothing to a backhand overhead and everything in between! It is easy to read and helpful hints and interesting bits of information (not to mention humor) are provided along the way. I would recommend it for any beginner.

Patrick has produced an excellent book which caters for the beginners, covering from tennis strokes to injuries prevention/treatment, how the pro competition events are played etc. Overall, it's a wonderful introductory book which basically covers everything i.e. how to play and to enjoy watching tennis! Also featured are some great anecdotes such as greatest 10 matches/players etc. A tennis beginner's dreams come true.

I used to teach tennis during and after college (was on a state championship team) and do so occasionally now for friends and family. I've recommended this book to beginners and intermediate players. I like Patrick's style and breadth of coverage, but I wish he went into much more detail, with more photos or illustrations regarding the various stroke techniques (top spin forehand, serve, etc.). Some of his verbal descriptions of stroke mechanics could be interpreted a variety of ways which can be confusing to a beginner when there is not an experienced player available to help interpret. Perhaps he answers these problems in his recent update and revision (I have read the first edition only). There is simply not much good instructional material available on tennis, unlike golf. This book does provide a lot of info on a variety of important tennis topics, and is the best of what I have seen on the market. I recommend it, but nothing beats having good, personal professional instruction. A solid reference source.

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