



High Tech Tennis

Jack L. Groppel

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Jack Groppel is chairman of the United States Tennis Association's National Sport Science Committee. In this revised and expanded edition he shows players of all levels how to apply the same scientific principles used on the court by all of the great players, regardless of their styles of execution. The book is easy to read, fully illustrated and includes instructional cues that highlight the concepts presented for quick reference during practice. It covers stroke production, footwork, serving, ball spin, volleying, mental fitness, and much more.

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