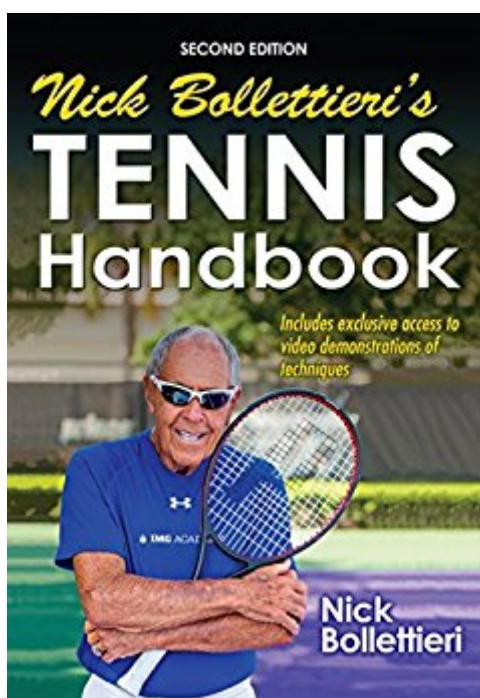


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Nick Bollettieri's Tennis Handbook-2nd Edition (Enhanced Edition)



Synopsis

Loaded with 43 videos, the enhanced edition of Nick Bollettieri's Tennis Handbook, Second Edition, is the most comprehensive guide to learning and teaching tennis from the sport's most successful coach. Nick Bollettieri's training and development system is recognized around the world. He has developed or coached the game's elite players, including Andre Agassi, Venus Williams, Serena Williams, Maria Sharapova, Jelena Janković, Jim Courier, Boris Becker, Martina Hingis, Marcelo Ríos, Monica Seles, Kei Nishikori, Petra Kvitová, and Sabine Lisicki. Now he provides the same instruction on skills and tactics that has made his IMG Academy a destination for aspiring players from around the world. From serves and returns to volleys and lobs, every shot in the game is covered to give you the most dynamic offensive arsenal. You'll learn key strategic points that will help you identify your opponents' tendencies and attack their weaknesses. Featuring 55 drills for singles and doubles play, the most effective conditioning exercises and programs for all styles of play, and the latest on equipment, technology, and mental training, Nick Bollettieri's Tennis Handbook offers a one-of-a-kind opportunity to train with a true master teacher and apply to your game the system that has helped produce some of the sport's greatest players. The enhanced edition's 30 instructional videos give you demonstrations of the most critical individual techniques such as forehand, backhand, volley, serve, and return. It also includes 13 videos of Bollettieri's insights about some of the tennis world's biggest stars, making the book a must-have for dedicated players and coaches alike.

Book Information

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Customer Reviews

I took the IMG Academy Adult tennis clinic and the book is a great reinforcement of what they teach there. Really enjoyed it and liked the demonstration videos

Excellent book, provide tons of information to help my students achieve great success. This is a must read for anyone that coaches tennis.

I agree with some of the reviews that the material may be a bit technical for beginners. But if you're serious about improving your tennis - both the techniques and the mental part, this book is an excellent resource. It is a book to "study" rather than just reading once. And if you can watch some of the videos, you'll have a great idea of the concepts. I highly recommend this book for anyone who is looking for a higher level than "social tennis".

First, Bollettieri's Tennis Handbook is not an easy-to-read, abundantly illustrated beginner's tennis guide. A beginner can still benefit from it (Chapter 2: Stroke Fundamentals), but be prepared to spend some time with your racquet in hand trying out the different grips and getting comfortable with the ideas. For tennis players looking to improve their game, whether for recreation or competition, Bollettieri's Tennis Handbook is a 400 page manual on the sport as defined by one of its most esteemed coaches. Bollettieri covers everything from basic grips, advanced stroke technique (for forehand, backhand, serve, return, drops, lobs and net play), theories on player development (peaking for competition, etc.), doubles play, strategy and tactics, physical conditioning, mental training and even equipment. Though there are many photographs, charts and other visual aids, Bollettieri's Tennis Handbook is primarily text and most of the concepts require the reader to create mental pictures. If this isn't your style of learning, it may be difficult to gain from this book. Even advanced players might have to double back to fully grasp some of the material. All that said, this is surely a book to accompany the Bollettieri series of tennis instructional videosÃ Â The Nick Bollettieri DVD Collection: Complete 10xDVD set collects the Stroke Instruction Series and the

Game Development Series. The DVDs provide live demonstration of all of the concepts covered in Bollettieri's Tennis Handbook. Still, Bollettieri's Tennis Handbook is an excellent reference for any player to have around.

My son teaches tennis for a living. He really likes this book. It arrived in mint condition and was packed in 's usual excellent fashion.

Great book. I'm a high school tennis coach and played against Bollettieri academy kids in college. Nick knows his stuff and I learned quite a bit from reading this book. It's well done and covers some serious topics for good players.

Outstanding coach, Nick Bollettieri, has written a book that every tennis coach should own, read, and refer to often. It would be a bit much for a beginner, though. The first few pages provide praise from some of the best in the game such as the Williams sisters, Haas, and Hingis. He covers diverse topics such as philosophy, athletic development, footwork, racket grips, forehand, backhand, serves, returns, net play and more. With the explanation, the reader will find pictures, court diagrams, and Nick's Tips. Each area also has various drills which can be used for tennis players from "10-and-under" to more advanced. The match simulation drills also provide scoring graphs. Bollettieri shares tidbits about some of the pros which add something special to the reading. This tennis handbook comes with a code for Online Video Access demonstrating fundamentals and commentary clips from former students. Nick Bolletteiri's Tennis Handbook is worth purchasing to a coach or a serious student of the game. I received this book freely from the publisher.

Many old reviews here reference an old book - not this 2015 edition! In this new and improved version of the book one of tennis' greatest coaches delivers insights you can use to lift your level of play. Learn to play the game properly from this Hall of Famer!

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