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TENNIS IN A WEEKEND: STEP-BY-STEP TECHNIQUES TO IMPROVE YOUR SKILLS

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Tennis in a Weekend: Step-bystep Techniques to Improve Your Skills, Dominic Bliss, This title features step-by-step techniques to improve your skills. It is an information-packed guide to all the techniques needed to play this exciting game with confidence and skill, shown in over 240 dynamic and practical photographs. It features expert instructions on the serve, groundstrokes, volley, lob, forehand/backhand smash and dropshots, as well as a guide to the perfect posture for...

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- Authored by Dominic Bliss
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