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Including Slice Groundstrokes And Dropshots Book 4)  
[Kindle Edition] By John Littleford**



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Sep 28, 2012 What are some effective ways and drills to improve your tennis serve?

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Coach's Corner | Tennis Tip Presented By: Video Tip by Coach Tony Greco, Camp Director for the Lake Tahoe Nike Tennis Camp Tennis Video Tip: How to Improve Your Serve

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Here are two different strategies to help you improve your anticipation on the volley. One feature in tennis that is not being used and, to me,

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My first suggestion is to play way less tennis for points if you want to improve in the long term. And my second suggestion is to play way behind the baseline for 5

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Feb 24, 2008 In tennis you have to always be on your toes, that's a start. The best way to improve your speed and quickness is by doing plyometrics. That will not only

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simpler and more effective way to maximize your tennis racket speed and improve your Tennis game.

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In tennis, we talk mostly about accuracy and not precision because tennis shots are not precise. High accuracy in tennis means that our shots are evenly spread around

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