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12 Tennis Secrets to Win More: What You Should Be Doing and Working on to Win All the Time!

Joseph Correa

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This book will teach you important concepts that most people have never heard of or have forgotten. You will learn to compete better and perform to your maximum level. It comes with 5 bonus tennis tips and 15 serve drills. Learning to master the mental side of tennis has always been a difficult part of the game. Some players have decided to simply not train mentally or simply ignore it which is a big mistake. It is said that winning in tennis is 80 - 90 % MENTAL! Just take into account that key points in a tennis match such as match point, game point, break points, and set points, are all crucial situations that can decide the outcome of any particular competition. SO WHY DO MOST PEOPLE SKIP MENTAL TRAINING? Take into account that on average a tennis match lasts 1 hour and 30 minutes. Focusing for such an extended amount of time is not easy task but with the right concepts and ideas to get you there things will become more obtainable. Start reading and putting into practice the concepts and ideas provided in this book so that you can get the most of your game and win more often. Created by a professional tennis player and coach with more than 10 years of experience! Learning from the pros and learn what they do before, during, and after competition can change the way you view tennis and competition. If you want to win more tennis matches and tournaments, you need to buy this book and memorize the ideas within. Tennis is all about preparation and that's you will learn besides other very important tips and tricks to help you overcome tough competitors. Learn: - What you should be doing before your match. - The best way to approach a win. - The best way to overcome a loss and how to win after that. - What the best players in the world are doing to warm up before their matches. - Why some players can't handle match pressure situations and what you can do to overcome it. These are just a few of the things you will learn. In today's game its important to understand what works and what doesn't. Some people repeat the the same mistakes over and over again getting nowhere, while other try to make a change for the better and find new ways to do the same things they've been doing before. For more great books and videos go to www.tennisvideostore.com

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