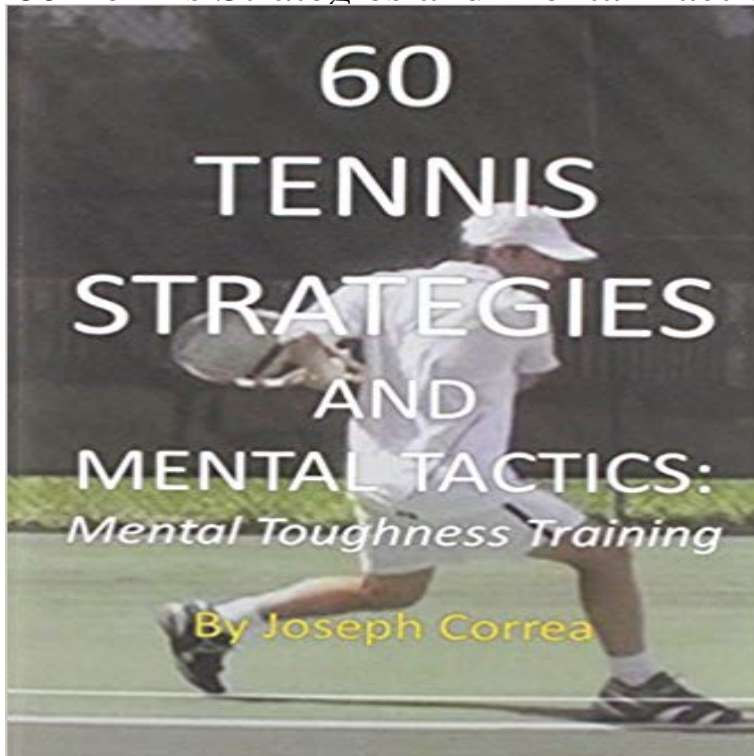


## 60 Tennis Strategies and Mental Tactics: Mental Toughness Training



This book will teach you how to beat any style of play and will help you overcome mental hurdles that most of us normally have during competition. Knowing what to do and when are key questions when you are under pressure and wish you had a guide to get you in the right direction. Some of the strategies you will learn are: How to beat an all-court player. How to beat the net rusher. How to overcome lobbers. What to do after you double fault. Learn from the best with this great tennis strategy book that will get you winning more matches and thinking better on and off the court. Win more matches by using the right strategy for each situation. The more strategies and tactics you know and can use the better it is for you. 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!

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