

# **SUPERCHARGED your Tennis skill with Killer Tips**

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# INDEX

- INTRODUCTION
- THE FUNDAMENTALS OF TENNIS
- GRIP, FOOTWORK, AND STROKES IN TENNIS
- SERVICE-THE OPENING GUN OF TENNIS.
- THE PSYCHOLOGY OF PHYSICAL FITNESS
- THE PSYCHOLOGY OF MATCH PLAY IN TENNIS
- THE PSYCHOLOGY OF SINGLES AND DOUBLES IN TENNIS
- THE DRIVE IN TENNIS
- THE VOLLEY AND OVERHEAD SMASH

## **INTRODUCTION:**

**Tennis** is a sport played between two players single or between two teams of two players each double. Each player uses a strung racquet to strike a hollow rubber ball covered with felt (most of the time Optic Yellow, but can be any color or even two-tone) over a net into the opponent's court

The modern game of tennis originated in the United Kingdom in the late 19th century as "lawn tennis" and had heavy connections to the ancient game of real tennis. After its creation, tennis spread throughout the upper-class English-speaking population before spreading around the world. Tennis is an Olympic sport and is played at all levels of society at all ages. The sport can be played by anyone who can hold a racket, including people in wheelchairs. In the United States, there is a collegiate circuit organized by the National [Collegiate Athletics Association](#).

Except for the adoption of the tiebreaker in the 1970s, the rules of tennis have changed very little since the 1890s. A recent addition to professional tennis has been the adoption of "instant replay" technology coupled with a point challenge system, which allows a player to challenge the official call of a point. Along with its millions of players, millions of people worldwide follow tennis as a spectator sport, especially the four Grand Slam tournaments (sometimes referred to as the "majors"): the Australian Open, the French Open, Wimbledon, and the US.

## **THE FUNDAMENTALS OF TENNIS :**

I trust this initial effort of mine in the world of letters will find a place among both novices and experts in the tennis world. I am striving to interest the student of the game by a somewhat prolonged discussion of match play, which I trust will shed a new light on the game. May I turn to the novice at my opening and speak of certain matters which are second nature to the skilled player? The best tennis equipment is not too good for the beginner who seeks really to succeed. It is a saving in the end, as good quality material so far outlasts poor.

Always dress in tennis clothes when engaging in tennis. The question of choosing a racquet is a much more serious matter. I do not advocate forcing a certain racquet upon any player. All the standard makes are excellent. It is in weight, balance, and size of handle that the real value of a racquet frame depends, while good stringing is, essential to obtain the best results. After you have acquired your racquet, make a firm resolve to use good tennis balls, as a regular bounce is a great aid to advancement, while a "dead" ball is no practice at all.

If you really desire to succeed at the game and advance rapidly, I strongly urge you to see all the good tennis you can. Study the play of the leading players and strive to copy their strokes. Read all the tennis instruction

books you can find. They are a great assistance.

More tennis can be learned off the court, in the study of theory, and in watching the best players in action, than can ever be learned in actual play. I do not mean miss opportunities to play. Far from it. Play whenever possible, but strive when playing to put in practice the theories you have read or the strokes you have watched. Never be discouraged at slow progress. The trick over some stroke you have worked over for weeks unsuccessfully will suddenly come to you when least expected. Tennis players are the product of hard work. Very few are born geniuses at the game.

Tennis is a game that pays you dividends all your life. A tennis racquet is a letter of introduction in any town. The brotherhood of the game is universal, for none but a good sportsman can succeed in the game for any lengthy period. Tennis provides relaxation, excitement, exercise, and pure enjoyment to the man who is tied hard and fast to his business until late afternoon. Age is not a drawback. The tennis players of the world wrote a magnificent page in the history of the World War. No branch of sport sent more men to the colours from every country in the world than tennis, and these men returned with glory or paid the supreme sacrifice on the field of honour.

The following order of development produces the quickest and most lasting results:

1. Concentration on the game.
2. Keep the eye on the ball.
3. Foot-work and weight-control.

4. Strokes.

5. Court position.

6. Court generalship or match play.

7. Tennis psychology.

concentration.

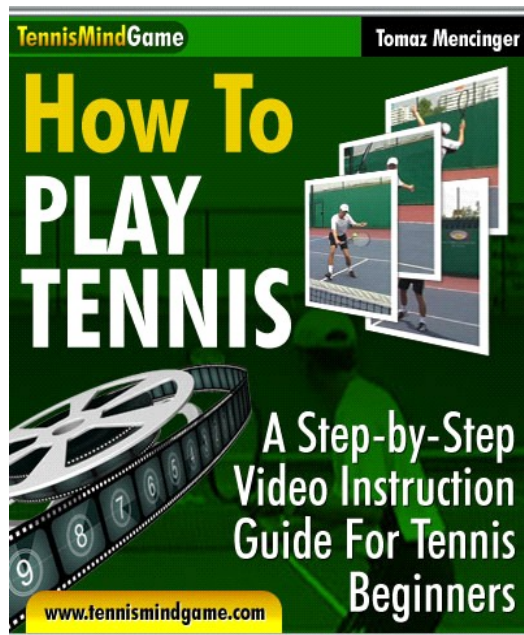
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Tennis is played primarily with the mind. The most perfect racquet technique in the world will not suffice if the directing mind is wandering. There are many causes of a wandering mind in a tennis match. The chief one is lack of interest in the game. No one should play tennis with an idea of real success unless he cares sufficiently about the game to be willing to do the drudgery necessary in learning the game correctly. Give it up at once unless you are willing to work. Conditions of play or the noises in the gallery often confuse and bewilder experienced match-players playing under new surroundings. Complete concentration on the matter in hand is the only cure for a wandering mind, and the sooner the lesson is learned the more rapid the improvement of the player.

The surest way to hold a match in mind is to play for every set, every game in the set, every point in the game and, finally, every shot in the point. A set is merely a conglomeration of made and missed shots, and the man who does not miss is the ultimate victor.



# "Always Wanted To Learn How To Play Tennis But Don't Know Where To Start?"



Tennis Mind Game is the solution to your problem ! It contains 49 Step-by-step Tennis Instruction Videos Covering All 6 Basic Strokes In Tennis. Click [HERE](#) for More Information.

# **GRIP, FOOTWORK, AND STROKES IN TENNIS.**

Footwork is weight control. It is correct body position for strokes, and out of it all strokes should grow. In explaining the various forms of stroke and footwork I am writing as a right-hand player. Left-handers should simply reverse the feet.

Racquet grip is a very essential part of stroke, because a faulty grip will ruin the finest serving. It is a natural grip for a top forehand drive. It is inherently weak for the backhand, as the only natural shot is a chop stroke.

To acquire the forehand grip, hold the racquet with the edge of the frame towards the ground and the face perpendicular, the handle towards the body, and "shake hands" with it, just as if you were greeting a friend. The handle settled comfortably and naturally into the hand, the line of the arm, hand, and racquet are one. The swing brings the racquet head on a line with the arm, and the whole racquet is merely an extension of it.

The backhand grip is a quarter circle turn of hand on the handle, bringing the hand on top of the handle and the knuckles directly up. The shot travels **ACROSS** the wrist.

This is the best basis for a grip. I do not advocate learning this grip exactly, but model your natural grip as closely as possible on these lines without sacrificing your own comfort or individuality.

Having once settled the racquet in the hand, the next question is the position of the body and the order of developing strokes.

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