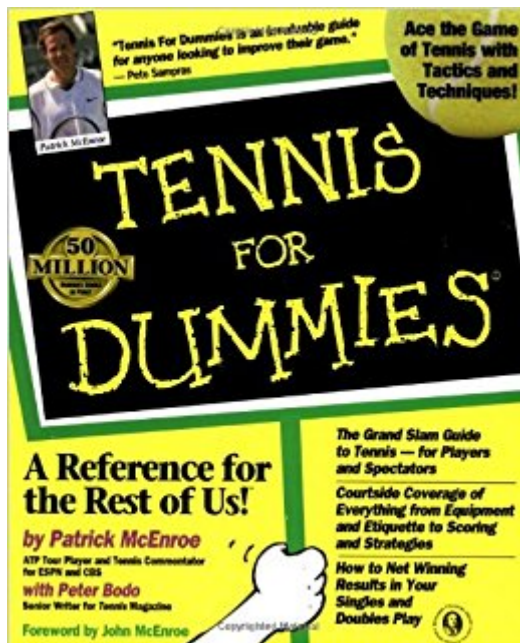


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Tennis For Dummies



Synopsis

Tennis is a sport for a lifetime. It really is a game that you can enjoy long-term, both as a player and a spectator. Played all over the world on surfaces ranging from concrete to clay the game of tennis is exciting to watch and even more fun to play. Whether you're an adult looking for a new challenge or a parent starting your kids off, Tennis For Dummies provides a terrific introduction to the sport. It doesn't matter if you're young or old, if you who want to start playing the game of tennis, but don't have the motivation or information to do so, this book can show you the way. If you're already into the game, you'll find out how to take your skills to the next level. This easy-to-understand guide will introduce you to the basics of the game and show you what it takes to improve each time you step on the court. Tennis For Dummies also covers the following topics and much more: Equipping yourself with the right apparel, racket, and accessories Polishing your strokes from your serve to lobs Finding out how the game is scored Shaping up with physical conditioning Dealing with common tennis injuries such as shin splints and tennis elbow Sharpening your mental game Exploring the finer points of tennis etiquette, both on the court and in the stands Discovering how to find the best tennis instructor for you Whether you're interested in playing singles or doubles, on hard court or clay, Tennis For Dummies will inspire you get out on a court and play. Featuring detailed photos, illustrations, and court diagrams this book can help you discover how the game of tennis is played and show you how to get the most out of yourself each and every time you pick up a racquet.

Book Information

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Customer Reviews

Written for tennis newcomers but with enough detail to satisfy seasoned players, Tennis for

Dummies offers practical, substantive, and perceptive advice on a subject that the United States Tennis Association describes as a "sport for a lifetime." Patrick McEnroe--little brother of John McEnroe--collaborates with Peter Bodo to provide a wealth of tennis tips, such as the difference between a ball's pace on slick grass courts and the slow, high bounce experienced on clay courts. Useful advice includes such things as how to find a good coach, which Web sites offer the most comprehensive tennis news, and how to respond when your opponent questions a close call: "I'm sorry, but I never had a moment of doubt. That ball was clearly out." Sprinkled throughout the book are interesting anecdotes about McEnroe's career, including an amusing exchange with his fiancée during a match, in which she eagerly and innocently advised him to just "get it over the net, Pat!" Those keen to take up a new hobby or to simply learn more about the sport they already love will appreciate everything this book has to offer--game, set, and match. --Jeremy Storey

"Tennis For Dummies is an invaluable guide for anyone looking to improve their game." #151;Pete Sampras "Patrick McEnroe guides you through the tactics and strategies that will make you play like a pro." #151;Monica Seles Features Photos, Illustrations, and Court Diagrams! Tennis #133; Everyone? Find out why "Love" means nothing #151; how the game is scored Equip yourself with the right apparel, racket, and other accessories Polish your skills #151; from your serve to overhead shots and lobs Shape up with expert advice on physical conditioning Bounce back from common injuries like shin splints and tennis elbow Sharpen your #145;mental game#146; and keep the edge on the competition Exercise the finer points of tennis etiquette #151; on the court and in the stands Discover how to find the best tennis instructor for you Ace the fundamental strokes #151; with step-by-step instructions and illustrations

I ordered this book primarily for my sister who is a beginner tennis player. That said, it does cover all the basics and much more (perhaps too much for a beginner). It covered etiquette, game rules, even pre-tennis exercises, and injury treatments, tournaments etc.. The diagrams were useful; a few more illustrations would be great in groundstroke/serve production. That said, being an intermediate player I found plenty of useful here in areas I never studied. As to instructions, they can vary slightly even in tennis and I appreciate different views. I would keep this book for myself as a reliable go-to, along with a few other tennis books. Definitely my sister can use it.

Tennis for Dummies provides answers to most of the questions all new entrants to the sport will have prior to taking their first lesson or just going out to hit a few balls across the net with a more

experienced friend. To obtain a detailed presentation of the game rules, appropriate grips, groundstrokes, serving and the basics on singles and doubles matches, buy this book. Your Pro instructor or player friend will appreciate your initiative in obtaining a preliminary understanding of the fundamentals of tennis, which should cut down the time it takes for you to become at least recreationally proficient in the sport. Outside of an illustration that had the deuce and ad courts labeled backwards, the only weak area I noted pertained to playing doubles. While the sequence of serving was adequately covered, exactly how it fit into the chosen receiving court remaining constant for each set left me guessing exactly how that would work. Other than that, I'd rate this as one of the better tennis primers out there.

I used to teach tennis during and after college (was on a state championship team) and do so occasionally now for friends and family. I've recommended this book to beginners and intermediate players. I like Patrick's style and breadth of coverage, but I wish he went into much more detail, with more photos or illustrations regarding the various stroke techniques (top spin forehand, serve, etc.). Some of his verbal descriptions of stroke mechanics could be interpreted a variety of ways which can be confusing to a beginner when there is not an experienced player available to help interpret. Perhaps he answers these problems in his recent update and revision (I have read the first edition only). There is simply not much good instructional material available on tennis, unlike golf. This book does provide a lot of info on a variety of important tennis topics, and is the best of what I have seen on the market. I recommend it, but nothing beats having good, personal professional instruction. A solid reference source.

I knew the contents already of this book because I had borrowed one from my local library. I am a new tennis player and thought it would be helpful to own a copy for reference. It is funny, and informative, and although there are so many rules in tennis for game scoring, yikes!!! Patrick McEnroe does a swell job in his narrative.

...still learning.

This is good book to help you understand this some what complicated game. It gives a lot of diagrams and explanations. Do be careful of the stickers though. I tried to take my price tag off and I ripped the whole cover of the book

I am an advanced player who has been training everyday for several years. This is an excellent overview of tennis. It does not get very detailed into anything, but it covers everything. What do I mean? For example, when it talks about forehand, it shows you basically how to hit it but doesn't include much more information like about open stance, semi-open stance, hip rotation, etc. It does include the very basic information. It also gives you information about the pro tour, how the tournaments work, and grand slams. I also like a few creative pages of information like "a day in the life of a pro" and "mommy, where do pros come from?" I recommend it for any beginner to intermediate player and it could even add one or two tips to the knowledge of the advanced player (afterall, no one knows everything!).

Beginner and super happy with this book.

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