



Play Better Tennis in Two Hours

Oscar Wegner, Steven Ferry

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Can tennis really be this simple?

Just ask the dozens of world-class players who have made it to the top using Oscar Wegner's groundbreaking approach. But if playing tennis isn't so easy for you, if you never seem to play up to your potential, don't blame yourself?blame the coach who taught you a lot of uselessly complex techniques. *Play Better Tennis in 2 Hours* is your guide to tennis as the pros play it?more intuitive, more fluid, and more fun. World-renowned tennis coach and ESPN commentator Oscar Wegner shows you how to focus your efforts on one thing?hitting the ball correctly. Your own natural athleticism will take care of everything else. Follow the simple drills in this power-packed handbook, and you'll learn how to:

- Move to the ball efficiently and fluidly
- Stop worrying about foot position and stance
- Hit every stroke harder and more accurately
- Put a wicked topspin on your forehand
- Master both one- and two-handed backhands
- Combine control and power on your volleys
- Put more speed and spin into your serve and more punch in your return

"Known and respected all around the world, Oscar has given us another great contribution to tennis with this book."?Gustavo Kuerten, three-time French Open champion

"Oscar has broken the mold, demystifying the modern tennis stroke. There's genius in his analysis of pro techniques?the dynamics of what the racquet does to the ball, how power and spin are added. He understands how top pros really stroke the ball, and always have, all the way back to Tilden."?Andy Rosenberg, Director for NBC Sports Wimbledon and French Open

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From reader reviews:

Cary Barrett:

A lot of people always spent their free time to vacation or maybe go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity that's look different you can read some sort of book. It is really fun for you. If you enjoy the book which you read you can spent all day long to reading a book. The book Play Better Tennis in Two Hours it doesn't matter what good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. In case you did not have enough space to develop this book you can buy typically the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not to cover but this book provides high quality.

George Rodriguez:

People live in this new moment of lifestyle always attempt to and must have the free time or they will get large amount of stress from both way of life and work. So , whenever we ask do people have time, we will say absolutely indeed. People is human not a robot. Then we inquire again, what kind of activity do you have when the spare time coming to you actually of course your answer will certainly unlimited right. Then ever try this one, reading ebooks. It can be your alternative with spending your spare time, typically the book you have read will be Play Better Tennis in Two Hours.

Joseph Chitwood:

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Luz Cox:

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