

The Really Big Tennis Lessons: Learn the Game from the Ground Up with This Comprehensive Guide

Tennis is a great sport for people of all ages and abilities. It's a great way to get exercise, have fun, and socialize. But if you're new to the game, it can be tough to know where to start. That's where The Really Big Tennis Lessons comes in.

The Really Big Tennis Lessons is a comprehensive guide to learning the game of tennis, from the basics to advanced techniques. It's written by world-renowned tennis coach Nick Bollettieri, who has coached some of the greatest players in the world, including Andre Agassi, Monica Seles, and Maria Sharapova.

Content



The Really Big Tennis Lessons by Sally Huss

★★★★★ 5 out of 5

Language	: English
File size	: 708 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 32 pages
Lending	: Enabled



The Really Big Tennis Lessons is divided into three parts:

- **Part 1: The Basics** This section covers the basics of tennis, including how to hold a racket, how to hit a forehand and backhand, and how to serve.
- **Part 2: Intermediate Techniques** This section covers more advanced techniques, such as how to volley, how to lob, and how to hit a topspin shot.
- **Part 3: Advanced Techniques** This section covers the most advanced techniques in tennis, such as how to hit a slice, how to poach, and how to play doubles.

Each section is divided into chapters, each of which covers a specific topic. For example, the chapter on how to hold a racket covers everything from the different grips to the different types of rackets.

Structure

The Really Big Tennis Lessons is a well-structured book. Each chapter is organized into easy-to-follow steps, and the instructions are clear and concise. The book also includes numerous illustrations and diagrams to help you visualize the techniques being taught.

Teaching Methods

Nick Bollettieri is a master teacher, and his teaching methods are reflected in *The Really Big Tennis Lessons*. The book uses a variety of teaching methods, including:

- **Step-by-step instructions:** Each technique is broken down into a series of easy-to-follow steps.
- **Illustrations and diagrams:** The book includes numerous illustrations and diagrams to help you visualize the techniques being taught.
- **Drills and exercises:** The book includes a variety of drills and exercises to help you practice the techniques you're learning.
- **Video demonstrations:** The book comes with a DVD that includes video demonstrations of all the techniques taught in the book.

Strengths

The Really Big Tennis Lessons is a well-written, comprehensive guide to learning the game of tennis. The book's strengths include:

- **Clear and concise instructions:** The instructions in the book are clear and concise, and the illustrations and diagrams are helpful.
- **Variety of teaching methods:** The book uses a variety of teaching methods, which makes it appealing to a wide range of learners.
- **DVD demonstrations:** The DVD demonstrations are a great way to visualize the techniques being taught.

Weaknesses

The Really Big Tennis Lessons is a great book, but it does have a few weaknesses. The book is very comprehensive, which can make it overwhelming for some readers. Also, the book is somewhat expensive.

Tips for Getting the Most Out of the Book

Here are a few tips for getting the most out of The Really Big Tennis Lessons:

- **Read the book slowly and carefully.** Don't try to rush through the book. Take your time and make sure you understand each technique before moving on to the next one.
 - **Do the drills and exercises.** The drills and exercises in the book are a great way to practice the techniques you're learning. Make sure to do them regularly.
 - **Watch the DVD demonstrations.** The DVD demonstrations are a great way to visualize the techniques being taught. Watch them several times until you feel comfortable with the movements.
 - **Get feedback from a coach or friend.** It's helpful to get feedback from a coach or friend on your technique. This will help you identify areas where you need to improve.
-

The Really Big Tennis Lessons is a great resource for anyone who wants to learn the game of tennis. The book is well-written, comprehensive, and

easy to follow. If you're serious about learning tennis, I highly recommend this book.



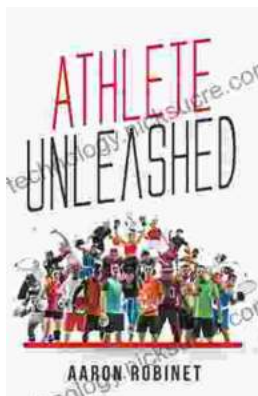
The Really Big Tennis Lessons by Sally Huss

★★★★★ 5 out of 5

Language : English
File size : 708 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 32 pages
Lending : Enabled

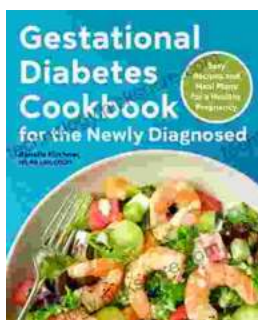
FREE

DOWNLOAD E-BOOK



Holistic Approach to Unleashing Your Best Inner Athlete

As an athlete, you know that success is not just about physical strength and endurance. It's also about mental and emotional well-being. In...



Easy Recipes And Meal Plans For Healthy Pregnancy

Congratulations on your pregnancy! This is an exciting time, but it can also be a time of change and adjustment. One of the most important things you...

