Technical Tennis

By Rod Cross & Crawford Lindsey
Genre: Racket Sports

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Technical Tennis by Rod Cross & Crawford Lindsey is Racket Sports What are the single most important variables in racquet performance? What racquet and string features combine to provide the most control, comfort, and feel? How can a player create maximum spin? This informative primer answers these and other elusive equipment and performance-related questions that perennially plague hackers and experts alike. A simplified, layperson's companion to the authors' previous work, The Physics and Technology of Tennis, this conveniently sized guide to selecting racquets and strings includes bite-sized explanations of the possible expectations of equipment choices.

More Recommended Books

Game, Set, Cash!

By: Brad Hutchins
Inside the secret world of tennis court-siding. Brad Hutchins has been living a young bloke’s dream: getting paid to travel the world and watch sport. Sitting court-side on the pro tennis circuit, he uses his phone to transmit results to a gambling syndicate, taking advantage of the time delay in TV broadcasts to beat other online punters to the big pay-offs. His stories from life on the road capture the adventures and mishaps that come with following the world’s best tennis players and partying in a new country every week. But like card counters in casinos, court-siders are despised by the tennis establishment. The more time Brad spends at tournaments, the harder it becomes for him to evade the security guards who are hell-bent on ejecting him from matches. The resulting cat-and-mouse chases will appeal to anyone who loves the roguish spirit of The Wolf of Wall Street or Catch Me If You Can. Brad Hutchins spent his youth playing sports and travelling the world, before finding his dream job as a tennis trader. Born and raised in Brisbane, he has lived and worked in the UK and Canada, and now teaches primary school students on the Gold Coast. Game, Set, Cash! is his first book.

Federer and Me

By: William Skidelsky
For much of the past decade, William Skidelsky has not been able to stop thinking about Roger Federer, the greatest and most graceful tennis player of all time. It's a devotion that has been all-consuming. In Federer and Me, Skidelsky asks what it is about the Swiss star that transfixes him,
and countless others. He dissects the wonders of his forehand, reflects on his rivalry with Nadal, revels in his victories and relives his most crushing defeats. But this is more than just a book about Federer. In charting his obsession, Skidelsky explores the evolution of modern tennis, the role of beauty in sport and the psychology of fandom, weaving his own past into the story. Thought-provoking and beautifully written, Federer and Me is a frank, funny and touching account of one fan's life.

**Tennis Fitness for the Love of it**

By: Suzanna McGee

If you are the tennis player who loves the game and constantly strives for improvement, this book is for you. You may play tennis to remain fit, and maybe not realize that you need to become fit to play good tennis. Improving your fitness is as important—if not more—as working on your tennis game. As you strive for improvement and increase your playing frequency, it is very common that you strain a muscle or experience daily aches and pains in different areas of your body, and they tend to move around. When the achy knee is good again, then there is your hip hurting. In a few weeks, the hip is good, and you feel tennis elbow... sounds familiar? The main idea of this book is to create an awareness of your body and to learn how to listen what your body is telling you. Playing tennis is harsh on your muscular-skeletal system and every tennis player develops overuse injuries eventually. These injuries are preventable if you learn to listen to your body. Awareness is your first step to be able to correct your problems and to improve. If you don’t know what is going on, then you cannot know what to do to become better. For example, if you were aware that your future Achilles problem is forming right now, because your opposite hip and glute are not engaging properly and functionally, then you could correct the problem immediately, and as a result, you will prevent the future Achilles problem. These small dysfunctions and imbalances are easy to ignore, because most of the time you don’t even know about them, until it is too late. However, if you are aware and if you talk to your body and listen what it is answering you back, you will be a master of your own health, which will enable you to play pain-free tennis on high levels. You may think, “Yeah, I am listening to my body, but it is not saying anything.” To tell the truth, your body is talking to you all the time, you are just not used to understanding its language. In the beginning on your journey to awareness of your body, you may not be able to feel anything other than that your legs are sore or your lower back tight. With regular practice and introspection, you will become aware of more subtle signs, such as a few trigger points in your glutes that start causing issues in your opposite knee or ankle. At this state of awareness, you can prevent any issue before it happens. Develop a habit of always “searching” your body, touching and pushing and squeezing your muscles, looking for tender points and tightness that is felt only on deeper levels. That is your body talking to you, and this book will help you to understand. You will learn basic series of stretches, strengthening exercises, myofascial release, and much more. The exercises will not just tell you what to do and how—anybody can tell you that. They will explain the meaning behind their value and importance. You will learn the meaning of balance in your body, the interaction between the muscle groups and joints, and how everything is connected. The goal of this book is to teach you the basic awareness of your body, so you can always catch and correct a developing problem that would show several months or even years later. This book has shown thousands of athletes the mindful way to become fit and to play injury-free tennis for the rest of their lives, with only a minimal effort. What are you waiting for?

**Levels of the Game**

By: John McPhee

This account of a tennis match played by Arthur Ashe against Clark Graebner at Forest Hills in 1968 begins with the ball rising into the air for the initial serve and ends with the final point. McPhee provides a brilliant, stroke-by-stroke description while examining the backgrounds and attitudes which have molded the players' games.
Pádel

By: Susaeta ediciones
Máximo Castellote, uno de los mayores difusores del pádel en nuestro país, nos ofrece en esta completa guía toda la información que un buen aficionado a este deporte necesita para conocerlo en profundidad.

Tennis and the Meaning of Life

By: Jay Jennings
All the best fiction and poetry on tennis. The stories are hilarious and sad, lyrical and profane, and thoroughly saturated with the art of the game. Fathers play against sons. Business partners attempt mutual destruction by tennis. An amateur challenges the local pro. Humbert Humbert rhapsodizes about Lolita's heartbreakingly beautiful game. Tennis is played by telegraph. Tennis saves a life or two. The metaphysics of tennis balls is debated. Lovers cavort in a commingling of tennis and desire. "Superb. . . . Although the book's obvious appeal will be to people who know and care about the game, it will also be a delight--and perhaps a surprise--to those who know and care about literature." --The New Yorker "A lovely, gentle book . . . as refreshing as that first beer after a set of sweaty singles." --The Boston Globe "My only complaint is the title's redundant." --David Foster Wallace

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Open

By: Andre Agassi
He is one of the most beloved athletes in history and one of the most gifted men ever to step onto a tennis court — but from early childhood Andre Agassi hated the game. Coaxed to swing a racket while still in the crib, forced to hit hundreds of balls a day while still in grade school, Agassi resented the constant pressure even as he drove himself, an inner conflict that would define him. In
his beautiful, haunting autobiography, Agassi tells the story of a life framed by conflict. Agassi makes us feel his panic as an undersized seven-year-old, practicing all day under the obsessive gaze of his violent father. We see him at thirteen, banished to a tennis camp. A lonely, scared, ninth-grade dropout, he rebels in ways that will soon make him a 1980s icon. By the time he turns pro at sixteen, his new look promises to change tennis forever, as does his lightning fast return. Yet, despite raw talent, he struggles. We feel his confusion as he loses to the world's best, his greater confusion as he starts to win. After stumbling in three Grand Slam finals, Agassi shocks the world, and himself, by capturing the 1992 Wimbledon title. Overnight he becomes a fan favourite and a media target.

Agassi brings a near-photographic memory to every pivotal match, and every public relationship. Alongside vivid portraits of tennis rivals, Agassi gives unstinting accounts of his relationships. He reveals the depression that shatters his confidence, and the mistake that nearly costs him everything. Finally, he recounts his spectacular resurrection and his march to become the oldest man ever ranked number one. In clear, taut prose, Agassi evokes his loyal brother, his wise coach, his gentle trainer, all the people who help him regain his balance and find love at last with Stefanie Graf. With its breakneck tempo and raw candor, Open will be read and cherished for years. A treat for ardent fans, it will also captivate readers who know nothing about tennis. Like Agassi's game, it sets a new standard for grace, style, speed and power. Note that this ebook edition does not include illustrations that first appeared in the print version.

Reviews 'engaging, thrilling...a superbly written book' Michael Atherton, The Times. ‘stunningly good’ Lynne Truss, The Times ‘An ace autobiography’

***** London Lite About the author Andre Agassi played tennis professionally from 1986 to 2006. Often ranked number one, he captured eight Grand Slam singles championships, tying him for seventh on the all-time list, and he's the only man to win a career 'Golden Slam' - all four Grand Slam singles titles plus the Olympic gold medal. He also compiled one of the best records ever by an American in the Davis Cup. As founder of the Andre Agassi Charitable Foundation, he has raised more than $85 million for the Andre Agassi College Preparatory Academy, an acclaimed K-12 charter school for underprivileged children in his hometown, Las Vegas. He lives in Las Vegas with his wife, Stefanie Graf, and their two children.

**Diemo Ruhnow's Badminton Training E-Book Edition Nr. 1**

By : Diemo Ruhnow

**Don't Look at that Ball!**

By : Rustem Sharipov
Kids training today will face a very different tennis - reflexive, asymmetric and with accelerating intensity. Will they be ready? Analysis and revolutionary food for thought. No anecdotes. No chapters. The author publishes a collection of notes aimed to summarize and to simplify science of tennis and a task of building solid foundation for many aspects of live in tennis.

**Storie in controtempo**

By : Dario Torromeo
Williams. Partite memorabili. La finale di Wimbledon 2001 tra Goran Ivanisevic e Pat Rafter. La sfida che ha assegnato gli Internazionali del 2005 tra Rafa Nadal e Guillermo Coria. I tormenti di Renée Richards e le certezze di Jo-Wilfried Tsonga. La vita di Tommy Haas, nato bello... e sfortunato. Un libro che, cercando di frugare nei sentimenti, punta dritto alle emozioni. Per chi ama il tennis, ma anche per chi vuole imparare ad amarlo.
What are the single most important variables in racquet performance...Â Start by marking â€œTechnical Tennis: Racquets, Strings, Balls, Courts, Spin, and Bounceâ€ as Want to Read: Want to Read savingâ€ Want to Read.

technical tennis. Tennis Racquet Lingo Part 1. December 26, 2017 - Tennisnerd - 5 Comments. There is a lot of lingo floating around tennis racquets. What is a polarized setup? What benefitsâ€}