

Tennis Psychology Made Easy

By Aj Dowsett

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Whether you are a player, parent or coach, Andy Dowsett's Tennis Psychology made Easy shows you how to improve your performance not only mentally but tactically raising game above fellow students, club members and more importantly your opposition. In this groundbreaking book Andy draws on his experience as a teacher, peak performance coach and player to teach you how to:- ? Gain the insight to think like a pro ? Prepare each match and practice mentally and emotionally ready ? Learn the secret of truly playing like you practice ? Personalise your serve and return of serve routines ? Gain total tennis confidence prior to hitting the court ? Enter matches with the best match plan possible ? Learn how to continually grow as a tennis athlete regardless of the match result ? Gain total mental toughness ? Achieve a laser like focus at the all important times when playing

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