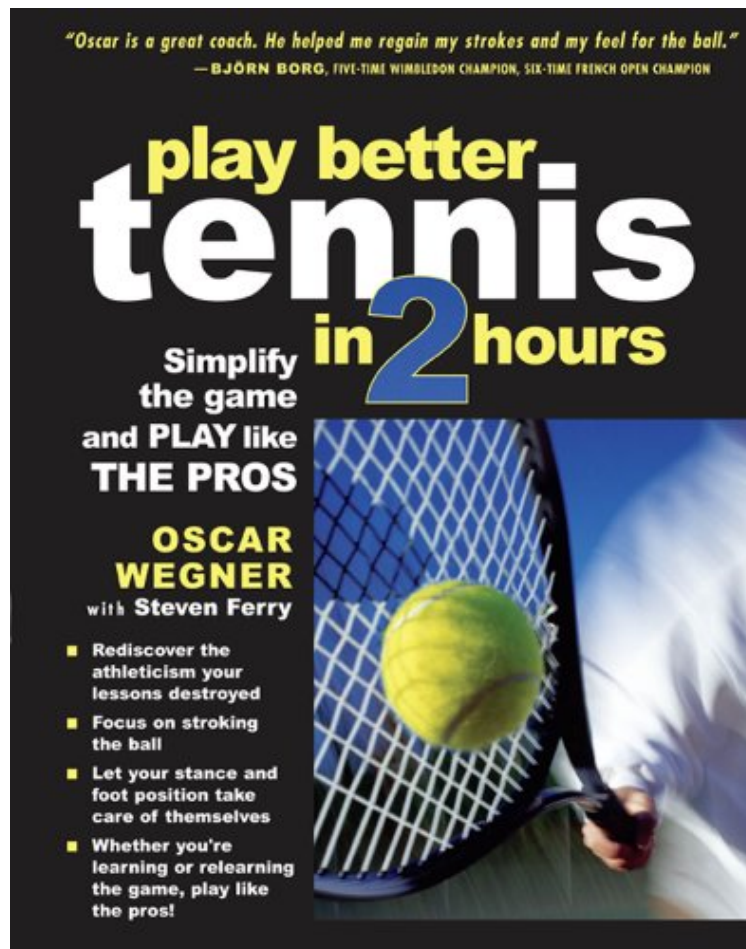


[Read now] PLAY BETTER TENNIS IN TWO HOURS: Simplify the Game and Play Like the Pros

## PLAY BETTER TENNIS IN TWO HOURS: Simplify the Game and Play Like the Pros

Von Oscar Wegner, Steven Ferry  
ePub | \*DOC | audiobook | ebooks | Download PDF



[Download](#)

[Read Online](#)

Produktinformation -Verkaufsrank: #394739 in eBooksVerffentlicht am: 2004-12-15Erscheinungsdatum: 2004-12-15File Name: B0058MGWHA | File size: 58.Mb

Von Oscar Wegner, Steven Ferry : **PLAY BETTER TENNIS IN TWO HOURS: Simplify the Game and Play Like the Pros** before purchasing it in order to gage whether or not it would be worth my time, and all praised **PLAY BETTER TENNIS IN TWO HOURS: Simplify the Game and Play Like the Pros**:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. I used to be a teenage player...Von {LS}Hi,Great short book by Wegner. Clearly, he knows his business. I used to play Tennis for some 7 years with weekly trainings and club/league matches until age 18 ish. Recently my colleagues and friends ask me to play Tennis, but actually I play Golf nowadays, however couldn't resist the challenge.I had this AHA-Effect, some neurons fired again and I remembered something about the technical side of the game. Wegner presents a modern approach, definitely the way it has to be played.Great book if you want to refresh or if you play Tennis since years and finally come to the point to ask yourself: What am I doing? Is there a manual?BR0 von 0 Kunden fanden die

folgende Rezension hilfreich. The secret of modern tennis  
Von nicci  
Firstly, forget all about you have learned in tennis until now, if you are playing tennis for years. Then after reading this astonishing book, play the best tennis of your life! And if you are a absolute beginner, you`ll be able to enjoy this great sport after a few minutes, if you follow the simple instructions. Oscar Wegner is absolutely right in saying, that tennis is one of the easiest sports to learn. 0 von 0 Kunden fanden die folgende Rezension hilfreich. Einigermassen revolutionär  
Von Frank Sauerwald  
Wegner beschreibt die Biomechanik beim Tennis ausgehend von Beobachtungen der Profis. Seine Schlussfolgerungen kommen zum genauen Gegenteil dessen, was traditionell gelehrt wird. Beispiele: "Beliebiger Anlauf" des Balles anstatt irgendwelcher Sidestep Schemata, bewusst spätes Ausholen anstatt frühes, sehr kurzer Backswing anstatt langer Vorbereitung, langsam an den Ball - erst im Treffpunkt beschleunigen (Push) anstatt hartes Draufprgeln (hit "hard-hitter"), den Arm vor dem Körper "across" (quer) ziehen (schwingen / beschleunigen) anstatt dem Ball "auf seinem Pfad" mit dem Schläger folgen, open stance anstatt close stance wann immer es natürlich geht, volle Rotation des Körpers im Schlag anstatt einer linearen Bewegung usw. Der Sinn besteht darin dem Spieler seine natürliche Bewegung und Herangehensweise an den Ball wieder nahe zu bringen. Dadurch soll die Konzentration frei werden auf die drei zentralen Punkte: Finden des Balles (find), fühlen des Balles (feel) und volles durchschwingen (finish). Alle Aspekte des Buches gefallen mir sehr gut. Habe es ausprobiert und empfinde nach 30 Jahren klassischer Schule diese Methode als deutlich überlegen - obwohl ich noch Konzentration aufwenden muss nicht in die alten, automatisierten Mechanismen zurück zu fallen. Das die biomechanischen Überlegungen richtig sind sieht man schnell und kann es in jedem Profi- Tennis Clip sich ansehen. Das Buch ist für Anfänger wie Fortgeschrittene gedacht und geeignet mit jeweils unterschiedlichen Drills. Bin voll und ganz zufrieden. Ein Wunder dass Wegners Methoden in Deutschland weitgehend unbekannt sind. Würde auch 6 Sterne geben :-)

Kurzbeschreibung  
Can tennis really be this simple? Just ask the dozens of world-class players who have made it to the top using Oscar Wegners 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 technique: 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  
Pressestimmen "Oscar is a great coach. In a few days he helped me regain my strokes and my feel for the ball." - Bjorn Borg, 5 time Wimbledon Champion, 6 time French Open Champion.  
Kurzbeschreibung  
Can tennis really be this simple? Just ask the dozens of world-class players who have made it to the top using Oscar Wegners 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 technique: 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