

Tennis Science : How Player and Racquet Work Together pdf

Miguel Crespo

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DESCRIPTION OF THE BOOK TENNIS SCIENCE : HOW PLAYER AND RACQUET WORK TOGETHER

If you have watched a Grand Slam tennis tournament in the past decade, you are probably aware that the game is dominated by just a few international powerhouses. At the conclusion of each tournament, it is likely that you will see Serena Williams atop the women's podium and a member of the Big Four--Roger Federer, Rafael Nadal, Novak Djokovic, and Andy Murray--hoisting the trophy for the men. And while there is not a lot of variety in the outcome of these matches, the game of tennis itself has changed drastically over the decades, as developments in technology and conditioning regimens, among other factors, have altered the style of play. Underpinning many of these developments is science, and this book explains the scientific wonders that take the ball from racquet to racquet and back again. Each chapter explores a different facet of the game--learning, technique, game analysis, the mental edge, physical development, nutrition for performance and recovery, staying healthy, and equipment--and is organized around a series of questions. How do we learn the ins and outs of hitting the ball in and not out? What are the main technological developments and software programs that can be used to assist in performance and notational analysis in tennis? What role does sports psychology play in developing a tennis player? What is the role of fluid replacement for the recreational, junior, and professional player? What rule changes have been made with respect to the racquet, ball, and ball-court interaction to maintain the integrity of the game in the face of technological change? Each question is examined with the aid of explanatory diagrams and illustrations, and the book can be used to search for particular topics, or read straight through for a comprehensive overview of how player and equipment work together. Whether you prefer the grass courts of Wimbledon, the clay courts of the French Open, or the hard courts of the US and Australian Opens, Tennis Science is a must-have for anyone interested in the science behind a winning game.

TENNIS SCIENCE: HOW PLAYER AND RACQUET WORK TOGETHER, ELLIOTT

The book Tennis Science: How Player and Racquet Work Together, Bruce Elliott, Machar Reid, and Miguel Crespo is published by University of Chicago Press. Tennis Science: How Player and Racquet Work Together and millions of other books are available for Amazon Kindle. Learn more Enter your mobile number or email address below and we'll send you a link to download the free Kindle App. Machar Reid is the sports science and medicine

manager for Tennis Australia and coauthor of several books on tennis sports science and coaching. Miguel Crespo is the research officer at the International Tennis Federation (ITF) Development Department, Spain. *Tennis Science: How Player and Racquet Work Together* by Bruce Elliott, Machar Reid, Miguel Crespo If you have watched a Grand Slam tennis tournament in the past decade, you are probably aware that the game is dominated by just a few international powerhouses. Acknowledgments . Introduction . Tennis is a popular lifetime activity for millions of players worldwide. Part of the sport's appeal is that it challenges both the mind and body—the fittest player or the one with the best strokes does not always win. Bruce Elliott is a senior research fellow in biomechanics in the School of Sport Science, Exercise, and Health at the University of Western Australia. He is the author of numerous articles and books on sports biomechanics. Free 2-day shipping on qualified orders over \$35. Buy *Tennis Science: How Player and Racquet Work Together* (Hardcover) at Walmart.com The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable). Packaging should be the same as what is found in a retail store, unless the item is handmade or was packaged by the manufacturer in non-retail packaging, such as an unprinted box or plastic bag. Details about *Tennis Science: How Player and Racquet Work Together* by Bruce Elliott (English) Be the first to write a review . *Tennis Science: How Player and Racquet Work Together* by Bruce Elliott (English) Whether you prefer the grass courts of Wimbledon, the clay courts of the French Open, or the hard courts of the US and Australian Opens, *Tennis Science* is a must-have for anyone interested in the science behind a winning game. *Tennis Science* will reveal the biomechanics of the sport, with explanations of stroke development, psychology, and the evolving technology of courts and racquets. In 8 chapters, players can learn about building higher racquet velocity, why spring in one's step improves the game, and how the sweet spot on a racquet has adapted to new materials. *Tennis Science* has some valuable and interesting material; however I would offer a large caveat: At a price of almost \$20 the book is really worth it only if you're a coach, a serious player, or a parent of a serious player. *Tennis Science: How Player and Racquet Work Together* View larger image. By: Bruce Elliott and Machar Reid and Miguel Crespo

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