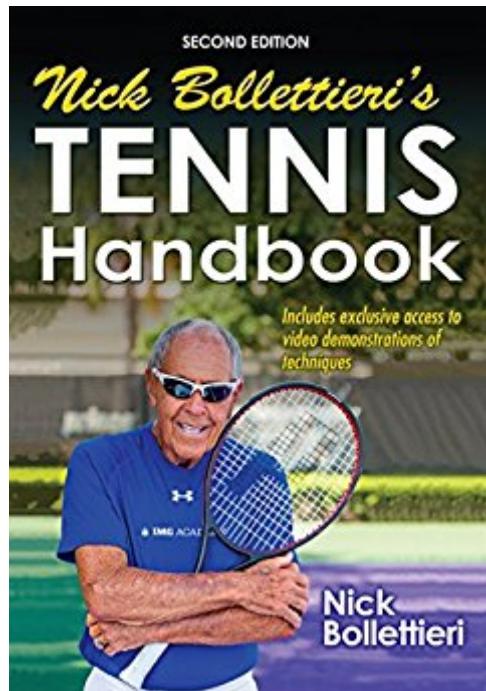


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# **Nick Bollettieri's Tennis Handbook-2nd Edition (Enhanced Edition)**



## Synopsis

Loaded with 43 videos, the enhanced edition of Nick Bollettieri's Tennis Handbook, Second Edition, is the most comprehensive guide to learning and teaching tennis from the sport's most successful coach. Nick Bollettieri's training and development system is recognized around the world. He has developed or coached the game's elite players, including Andre Agassi, Venus Williams, Serena Williams, Maria Sharapova, Jelena Janković, Jim Courier, Boris Becker, Martina Hingis, Marcelo Ríos, Monica Seles, Kei Nishikori, Petra Kvitová, and Sabine Lisicki. Now he provides the same instruction on skills and tactics that has made his IMG Academy a destination for aspiring players from around the world. From serves and returns to volleys and lobs, every shot in the game is covered to give you the most dynamic offensive arsenal. You'll learn key strategic points that will help you identify your opponents' tendencies and attack their weaknesses. Featuring 55 drills for singles and doubles play, the most effective conditioning exercises and programs for all styles of play, and the latest on equipment, technology, and mental training, Nick Bollettieri's Tennis Handbook offers a one-of-a-kind opportunity to train with a true master teacher and apply to your game the system that has helped produce some of the sport's greatest players. The enhanced edition's 30 instructional videos give you demonstrations of the most critical individual techniques such as forehand, backhand, volley, serve, and return. It also includes 13 videos of Bollettieri's insights about some of the tennis world's biggest stars, making the book a must-have for dedicated players and coaches alike.

## Book Information

File Size: 314111 KB

Print Length: 400 pages

Publisher: Human Kinetics; 2 edition (December 3, 2015)

Publication Date: December 3, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B018W7S0UE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #645,180 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #57  
in Books > Sports & Outdoors > Coaching > Tennis #112 in Kindle Store > Kindle eBooks >  
Nonfiction > Sports > Racket Sports > Tennis #328 in Books > Sports & Outdoors > Individual  
Sports > Tennis

## Customer Reviews

This is a long book but not very well organized. The first part deals with the bolettieri academy. It reads like promotional literature, from which it was probably taken. Next is grips. The grips recommended in this section differ from grips recommended when he discusses specific strokes (whats up with that?). Next come specific strokes. If you can imagine, there is not a single picture in the any of the chapters on serve, backhand, forehand, volley and specialty shots. Let me repeat, not a single picture! Nick references his video series, which would be absolutely mandatory viewing to make sense of the confusing text. A short drill section and some tips on buying and stringing racquets follows. A long section on the mental approach to tennis concludes the book. This book should have been exceptional given the authors experience and success but unfortunately, as a stand alone without the videos, it leaves something to be desired. At the very least, this book is of almost no value for beginners. I would recommend Tennis 2000 by Vic Braden as a much better and clearer choice. For advanced players interested in stroke production, the videos may be a better investment, though I have not seen them. At least this book is not too expensive, but it is hard to say much beyond that in the way of praise.

This is a good book to go along with Bollettieri's video series. It is a book that you can carry along with you to help remind you of areas that you need to work on. However, this is not a book to teach a beginner the game of tennis. This book is for the intermediate to advanced player and them the best techniques on training and strokes. If you are a total visual person, then the book isn't for you. If you can understand the concepts and have a good base to start with, then this book, along with the video series and be and excellent source for help. My favorite areas would be the Killer Forehand, Boll-istic Backhand and the Sonic Serve. If you follow the instruction in these 3 sections, I promise you that you will notice a big difference in your game.

For any tennis players who want to learn any stroke, DO NOT buy this book. It is a total waste of money for me. Like the previous reviewer said there is no picture for the stroke production section at all. I BOUGHT his videos which are sketchy in many parts. I bought this book to clarify things on the

tapes. I tell you there is nothing in this book that can help me understanding the videos better. I want to make it clear: his videos are not best made but have some good points in some tapes (Killer Forehand for one but I hate the distasteful humor in it). So stay away from this book, it is a total waste of money.

I'm a 3.5 NTRP player who watches a lot of tennis. This is not for beginners. It will not teach you how to play tennis, but it will tell you what to watch for. It's like a cliff's notes of the most important things of all aspects in tennis, and in this respect I find it invaluable. The perspective of the book is geared more toward coaches rather than players, and I can imagine parent-coaches finding this very useful. Read the whole thing, not parts, because it's not organized too well, and there are good tidbits scattered throughout. If you're not sure, click the link to "look inside" the book, and click "surprise me" to see random parts throughout the book...i think if you clicked it enough you could finish most of the book before you buy it =)

Great book. I'm a high school tennis coach and played against Bollettieri academy kids in college. Nick knows his stuff and I learned quite a bit from reading this book. It's well done and covers some serious topics for good players.

First, Bollettieri's Tennis Handbook is not an easy-to-read, abundantly illustrated beginner's tennis guide. A beginner can still benefit from it (Chapter 2: Stroke Fundamentals), but be prepared to spend some time with your racquet in hand trying out the different grips and getting comfortable with the ideas. For tennis players looking to improve their game, whether for recreation or competition, Bollettieri's Tennis Handbook is a 400 page manual on the sport as defined by one of its most esteemed coaches. Bollettieri covers everything from basic grips, advanced stroke technique (for forehand, backhand, serve, return, drops, lobs and net play), theories on player development (peaking for competition, etc.), doubles play, strategy and tactics, physical conditioning, mental training and even equipment. Though there are many photographs, charts and other visual aids, Bollettieri's Tennis Handbook is primarily text and most of the concepts require the reader to create mental pictures. If this isn't your style of learning, it may be difficult to gain from this book. Even advanced players might have to double back to fully grasp some of the material. All that said, this is surely a book to accompany the Bollettieri series of tennis instructional videos. The Nick Bollettieri DVD Collection: Complete 10xDVD set collects the Stroke Instruction Series and the Game Development Series. The DVDs provide live demonstration of all of the concepts covered in

Bolletieri's Tennis Handbook. Still, Bolletieri's Tennis Handbook is an excellent reference for any player to have around.

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