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How the Tennis Gods Move (Paperback)

By Daniel McCain

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Discover the secret to every great shot in this visual display of the tennis gods in motion. See how the world s greatest players generate brilliant, explosive shotmaking through proven methods of movement fundamentals. Easy to learn functional training exercises are also revealed that will help you move like the tennis gods. In today s game, one thing is for sure - the best players are also the best movers. How the Tennis Gods Move is a must read for those who not only wish to improve their game, but better understand the mechanics elements of better movement. - Allistair McCaw, Movement Specialist to Grand Slam Champions Olympians. McCaw Method Sports Performance McCain has written a humorous insightful book on movement mechanics with up to date analysis helpful information for all of us to help us move like the Gods. The drawings pictures give clear visuals of what exactly is happening with the movement of the top players with training exercises hints on how we can use their techniques. This book is applicable to beginners, advanced players, novice coaches master professionals. I...



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