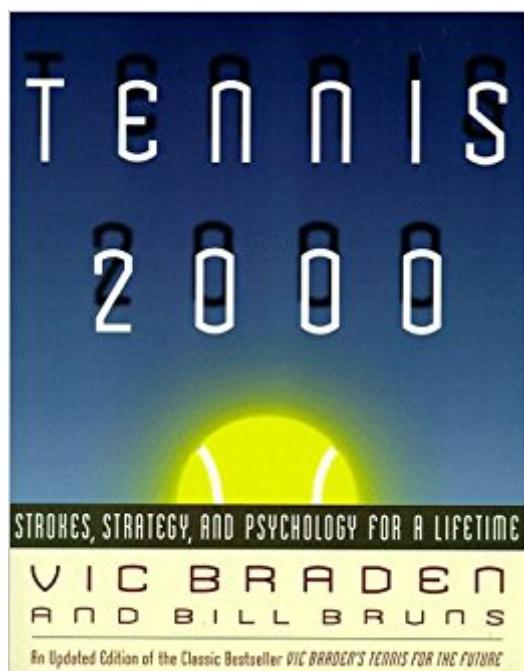


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# Tennis 2000: Strokes, Strategy, And Psychology For A Lifetime



## **Synopsis**

Drawing on expertise gained from a lifetime of playing, coaching, and studying the sport, Vic Braden offers a no-frills strategy that starts with a simple premise: Good strokes last a lifetime. "Whether you're three or ninety-three, whether you play the game recreationally or at the tournament level, " writes Braden, "the basic question-and-goal always remains: Under pressure do you have the consistent strokes you need to hit the shots you want?"

## **Book Information**

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## **Customer Reviews**

Vic Braden runs the Vic Braden Tennis College in Coto de Caza, California and has written several tennis manuals. He is also a TV commentator and a contributor to TENNIS magazine. Bill Bruns, a former LIFE sports editor, is a newspaper editor who has co-written 11 previous sports books. he lives in Pacific Palisades, California.

There is no other book like this about tennis.. This book dispels all of the myths of tennis and clarifies the right way to play the game. I have taken many lessons and have found some conflicts with the Braden teachings and some of the pros. Always, I have tested both of the methods and found the Vic Braden method to be correct.. I don't understand how anyone interested in a better tennis game would not want to read this book. My foundation of strokes is now so strong that the pros I drill with think they have been the major influence in the improvement but actually this book has made me my own coach. Thank you Vic Braden. You have changed tennis forever and helped my personally.

This is the definitive guide on learning model techniques. It covers grip, swing and body positions on every stroke there is. Obviously difficult to explain movement in two dimensions on paper and for that I would give the book a B-. Keep in mind though that model techniques is all that the book covers. For the vast majority of players out there elementary or standard techniques are more appropriate. Biomechanically efficient techniques take much more time and commitment and energy to learn, let alone execute in competition, and require certain physical and mental prerequisites. Knowledge is power though and knowing why you are inconsistent, inaccurate and lack power will be explained. Any book by Vic Braden is a must read for any tennis student of the game.

Best tennis technique book I have read. Focus is on generating consistent strokes by using easily repeatable form that reduces the number of necessary adjustments and "touch". Has significantly improved my backhand.

If Vic Braden's name is on it, you should read it. He is one of the top tennis coaches in the world. This book is very helpful.

awesome book! must read for all tennis coaches/enthusiasts.

It covers both fundamentals of the game and includes theory and explanation of most strokes. A really good read for people that love the game!

Still a very timely book, even for today's tennis player

Misinterpretations of facts, very old ideas. For example, there is a discussion about contribution of the racquet drop to speed due to gravity (pg.45). This would be correct for a swing. In tennis this contributes to speed, but only because it does not slow down the body rotation at the initial stage of the stroke, when the player "fuels" his body with rotation and the arm lags behind without slowing down the rotation. When significant tension builds up within the shoulder, the arm joins the rotation and all this tension explodes into the arm movement at speed exceeding by far the speed of the body. (The timing of the processes is such that the kinetic energy of the dropped racquet is lost in the player's body.) "Bending knees" (for example, pg.55), is not only a matter of getting the racquet

head "12 inches below the intended point of impact" (though it might be important). The reason is to enlarge the "fuel tank" of the body, to "fuel" the body by creating a significant rotation, then the "lifting" (pg.63), which is actually squeezing of the body upwards (like ice scaters do), accelerates the rotation. There is a misinterpretation of what the kinetic chain is in tennis. The segments along the chain do not contribute to the speed of the next segment (pg. 86). They rather pass rotation (the angular momentum), initially created in the players trunk, to smaller and smaller segments of the body along the chain (segments of lower momentum of inertia).

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