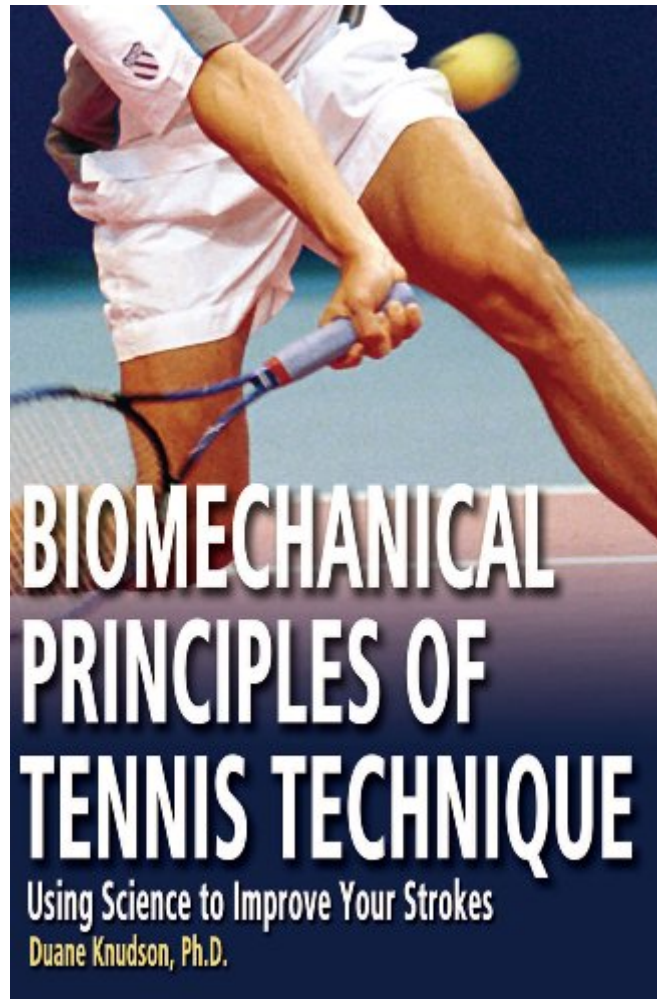


The book was found

Biomechanical Principles Of Tennis Technique: Using Science To Improve Your Strokes



Synopsis

The science of tennis technique is explained in this guide that practically applies the lessons learned from studying the forces and motions of tennis strokes. Through the implementation of six basic biomechanical principles players can make subtle adjustments to their strokes, creating stroke variations that not only improve their game but also reduce their risk of injury. Detailed line drawings; stroke analysis and sequence photos of top touring pros; action photographs and high-speed video images; and an exploration of the benefits of video replay provide players with a variety of useful techniques.

Book Information

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Customer Reviews

I never write reviews but thought I'd add one since the only other one was negative and I quite liked this book. I haven't read any other biomechanics books and can't do a comparative review, but this book is definitely "Biomechanical Principles of Tennis," so I can see how this would be old hat if you've already read someone else's version. This book is a mix of "general introduction to biomechanics applied to tennis" and "practical tennis stroke technique". It begins by describing some common mechanical principles that apply to all strokes, such as balance and inertia, and explains

how these forces work and how they're produced. Then there's a chapter on injury prevention -- how various injuries are caused and how to avoid them. Finally, there are chapters breaking down in detail the biomechanics of the serve, forehand, backhand and volley. Throughout, the author summarizes existing academic research and cites the relevant studies, with charts and photos. Now, these sections aren't detailed prescriptions for how you "should" hit these strokes, but that's what I liked. This dude isn't a tennis coach, he's an academic kinesiologist. A lot of coaches advocate techniques, but this guy is more agnostic and doesn't advocate so much as describe. In explaining principles like how the legs, trunk, shoulders, arm and wrist coil and then uncoil into a shot, the author separates the fundamentals of technique that are important from motions that aren't, while debunking some of the standard tennis pro wisdom as either wrong or not supported by research (i.e., details of the follow-through motion -- if you're trying to copy Rafa's or perfecting your window-washer, you're probably wasting time).

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