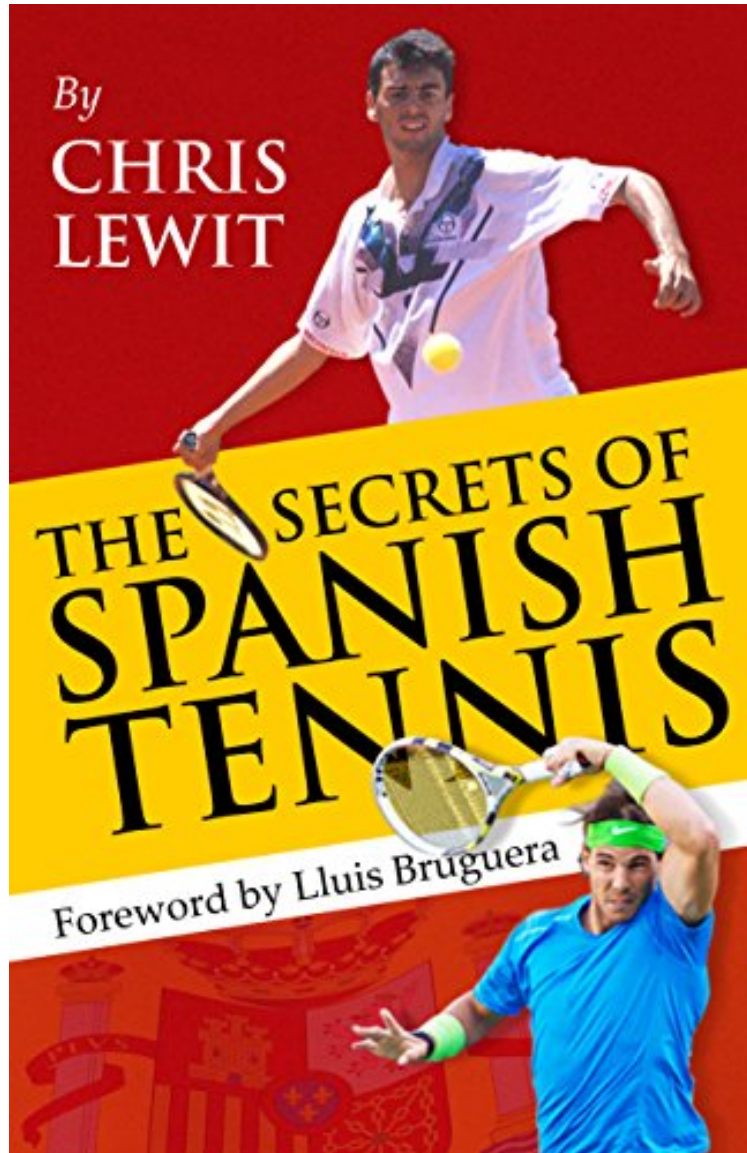


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The Secrets of Spanish Tennis (English Edition)

Von Chris Lewit

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Von Chris Lewit : The Secrets of Spanish Tennis (English Edition) before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Secrets of Spanish Tennis (English Edition):

Kundenrezensionen Hilfreichste Kundenrezensionen 0 von 0 Kunden fanden die folgende Rezension hilfreich. tennis has become a sport for athletes Von er I enjoyed a lot to hear what Spanish experts say about the philosophy of tennis training and they give a short preview what the training regimen can look like. This is probably the main driver of tennis as it is played nowadays. Many star players like Nadal, Moya, Murray, Safin, Verdasco, etc. built their

fundamentals on clay in the academies described.Highly recommended !

KurzbeschreibungWhat makes Spanish tennis so unique and successful? What exactly are those Spanish coaches doing so differently to develop superstars like Rafael Nadal and David Ferrer that other systems are not doing? These and other questions are answered in *The Secrets of Spanish Tennis*, the culmination of five years of study on the Spanish way of training by USTA High Performance Coach Chris Lewit. He visited many of the top Spanish academies and studied and interviewed some of the leading coaches in Spain to discern and distill this unique and special training methodology.Pressestimmen""*The Secrets of Spanish Tennis*" provides an excellent overview of the main characteristics and reasons why tennis in Spain has been so successful." --Miguel Crespo, Development Research Officer, International Tennis Federation""*The Secrets of Spanish Tennis*" is a MUST READ for all coaches, players, and parents." --Jose Higuera, tennis coach and former professional tennis playerKurzbeschreibungWhat makes Spanish tennis so unique and successful? What exactly are those Spanish coaches doing so differently to develop superstars like Rafael Nadal and David Ferrer that other systems are not doing? These and other questions are answered in *The Secrets of Spanish Tennis*, the culmination of five years of study on the Spanish way of training by USTA High Performance Coach Chris Lewit. He visited many of the top Spanish academies and studied and interviewed some of the leading coaches in Spain to discern and distill this unique and special training methodology.