

Leggere Essential Tennis Completo Ebook Gratuito PDF/EPUB/mobi - Massimiliano Grancini



leggere Essential Tennis Completo Ebook gratuito PDF/EPUB/mobi Massimiliano Grancini , TennisWorldItalia presenta "Essential Tennis". L'Essential Tennis è il metodo ad alto rendimento che ha come scopo quello di portare il tuo livello di gioco a un livello superiore.

Questa metodologia, frutto di anni di lavoro ed esperienza sul campo, ti consentirà di essere più regolare durante gli scambi, più competitivo in partita, più solido e aggressivo sia tecnicamente sia mentalmente. Non è semplicemente teoria: le tecniche descritte in questo ebook sono corredate di numerose immagini e dettagliati consigli, attraverso i quali

arriverai a miglioramenti veloci e concreti.

Le tecniche dell'Essential Tennis:

Il diritto in topspin, Il rovescio a una mano, Il rovescio a due mani, Il rovescio backspin, Il servizio liftato.

L'autore

Massimiliano "Max" Grancini è un maestro di tennis con oltre vent'anni di esperienza di insegnamento. Ha giocato in tornei del mondiale e allenato anche campioni italiani. Ma la sua passione è l'insegnamento del tennis a qualsiasi livello. Ha sviluppato una serie di tecniche di tennis avanzato che ha chiamato "Performance Tennis".

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