



Improve Your Tennis IQ: The Intelligent Workout to Improve Your Skills on Court

Charles Applewhaite

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Here's a self-help guide for tennis players who want to improve their performance and get more satisfaction from the game. The author's ingenious combination of instructive illustrations and succinct text give players an opportunity to analyze their game and correct their mistakes. Charles Applewhaite is a top tennis coach who advises that whether playing tennis competitively or just for fun, every player can improve his or her game. His detailed instructions, supplemented with many illustrations, will—

- Test the player's technique and grasp of tennis theory
- Teach through an easy question-and-answer format that introduces typical situations, poses related problems, lets the reader work through them, and then gives answers from one of the game's top coaches
- Show how all players can improve their game simply by thinking about how to play it

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