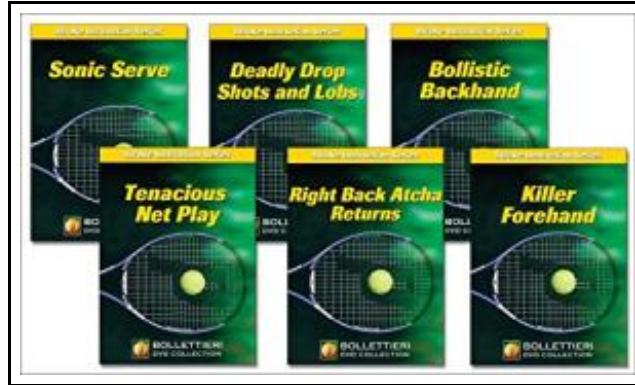


Stroke Instruction Series 6 DVD Set



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STROKE INSTRUCTION SERIES 6 DVD SET



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Human Kinetics Publishers, United States, 2008. DVD video. Book Condition: New. 201 x 147 mm. Language: English . Brand New Book. Now you can learn from the most famous and successful coach in tennis! Nick Bollettieri has developed and coached many of the world's top players, including Maria Sharapova, Venus and Serena Williams, Tommy Haas, Jelena Jankovic, Andre Agassi, Martina Hingis, Jim Courier, Monica Seles, Anna Kournikova, Marcelo Rios, and Boris Becker. His teaching techniques and effective coaching methods have formed the foundation for these DVDs, letting you share in his world-renowned knowledge. From serves to returns, forehands to drop shots, and tactics to practice, these DVDs bring Bollettieri's teaching to life. This six-DVD package includes the following: Killer Forehand Take your forehand to its maximum potential as Nick shows you the steps to hitting a signature Bollettieri forehand. You'll enjoy this fun and informative approach--covering footwork, balance, racket preparation, and more--designed to build the perfect winning forehand with target training, technique drills, and match simulation. Part of the 10-disk Bollettieri DVD Collection, Killer Forehand is one of six DVDs that focus on superior technique for the essential strokes. Bollistic Backhand Turn your one-handed or two-handed backhand from a defensive shot into a big weapon with Nick Bollettieri's step-by-step stroke improvement program. The target training and match-simulation drills will teach you how to hit an attacking offensive shot. From foundation and footwork to leverage in the stroke, you'll learn to achieve boll-istic results. Part of the 10-disk Bollettieri DVD Collection, Bollistic Backhand is one of six DVDs that focus on superior technique for the essential strokes. Sonic Serve Nick Bollettieri shows you the world's most powerful serves and a step-by-step plan for developing the skills to hit a sonic serve. Learn the correct techniques to spin your...



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