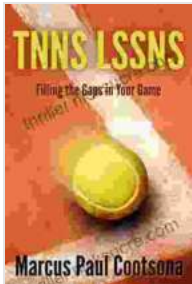


Filling the Gaps in Your Game: Simpler, Smarter Tennis



TNNS LSSNS: Filling the Gaps in Your Game (Simpler, Smarter Tennis Book 2) by Lee Alan Dugatkin

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2843 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 202 pages
Lending	: Enabled



Are you ready to take your tennis game to the next level? Do you want to improve your footwork, strokes, and mental game? If so, then you need to start filling the gaps in your skills.

Filling the gaps in your game doesn't mean that you have to spend hours on the court practicing every day. It simply means that you need to focus on the areas where you need the most improvement.

Here are a few tips for filling the gaps in your game:

1. Identify your weaknesses

The first step to filling the gaps in your game is to identify your weaknesses. This can be done by watching yourself play or by asking a

coach or friend for feedback.

Once you know your weaknesses, you can start to develop a plan to improve them.

2. Focus on one area at a time

It's important to focus on one area of your game at a time. Trying to improve too many things at once will only lead to frustration.

Pick one area that you want to work on and focus on it for a few weeks. Once you've made some progress in that area, you can move on to the next.

3. Practice regularly

The only way to improve your tennis game is to practice regularly. Even if you can only practice for 30 minutes a day, it will make a big difference in your game.

When you practice, focus on the areas that you need to improve. Don't just hit balls back and forth. Instead, work on your footwork, strokes, and mental game.

4. Get feedback

It's helpful to get feedback from a coach or friend on your game. They can help you identify your weaknesses and provide you with tips for improvement.

If you can't afford a coach, you can also ask a friend or family member to watch you play and give you feedback.

5. Don't be afraid to make mistakes

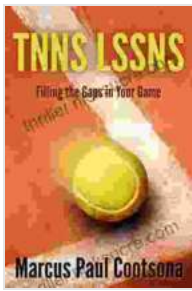
Everyone makes mistakes when they're learning a new skill. The important thing is to learn from your mistakes and keep improving.

Don't be afraid to try new things and experiment with different techniques. The more you practice, the better you'll become.

Filling the gaps in your tennis game will take time and effort. But if you're willing to put in the work, you'll be rewarded with a better game and more enjoyment on the court.

So what are you waiting for? Start filling the gaps in your game today!

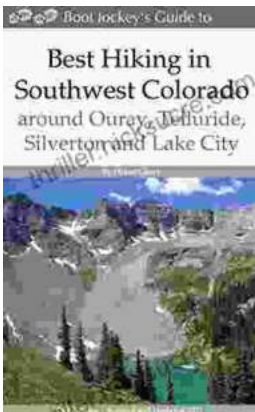




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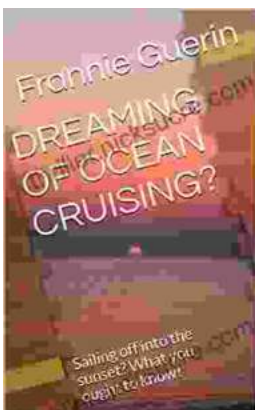
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