



Tennis Science: Optimizing Performance on the Court

Bruce Elliot, Machar Reid

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With more than 75 million people worldwide playing the game, and many millions more watching Grand Slam tournaments, tennis is truly a global sport. So how do tennis players harness their physiology and the laws of physics to achieve success? Tennis Science uncovers the science within the game, bringing together the study of biomechanics with stroke development, psychology, and the technical development of equipment and playing surfaces.

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