



# Tenis: Aprender y Progresar (Deportes n° 21) (Spanish Edition)

*Rubén Alejandro Cohen*

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El jugador de tenis no es sólo su técnica o la forma en que la usa (táctica), también es un individuo que puede avanzar al mejorar físicamente, al potenciar su mente deportiva y al recibir el alimento más adecuado para que su organismo y su "juego" funcione mejor. El libro ofrece muchas imágenes que ayudarán a mejorar la técnica de los distintos golpes de tenis y a afianzar los conocimientos que se adquieren en la pista. También se presenta información sobre entrenamiento mental y coaching en el tenis. Para los profesores es un buen soporte para sus clases.

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