



Momentum

By Daniel McCain

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 232 pages. Dimensions: 11.0in. x 8.5in. x 0.5in. From the bestselling author of Building A Champion and The I Formation comes the 2013 released exploration of mens professional tennis: Momentum. Momentum serves as an umbrella concept, covering all things psychological and biomechanics-related in tennis. With strokes acting as a tangible metaphor for the ups and downs of competitive clashes, Momentum offers readers a unifying theme for tennis with visuals and first hand stories from the pros. Images sequences and multiple exposures reveal how ATP pros generate, manipulate, and maintain the momentum of their racquet heads and bodies in motion to produce explosive, balanced movement and shotmaking. Touring pros, Grand Slam champions, legends of the game, ATP Tour Coaches, sport psychologists and media debate the existence and causes of momentum shifts on the court. Interviews and research on the ebbs and flow of performance on the tennis court show a web of viewpoints on performance, training, life on the tour, and what it takes to make it in the pros. Volumes 1 and 2 are included in this edition. This item ships from La Vergne, TN. Paperback.



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