



Playing Tennis After 50: Your Guide to Strategy, Technique, Equipment, and the Tennis Lifestyle

Kathy Woods, Ron Woods

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Whether you are just starting out, have been competing for decades, or are returning to the game after an extended break, *Playing Tennis After 50* will improve your play and enhance your experience on and off the court.

With tactics and techniques ranging from basic to advanced, you'll learn to adapt court positioning and tweak shot selection for stellar singles, doubles, and mixed doubles play. Special features such as how-to-practice games and Stroke Doctor tips will correct common errors and improve skills while you play the game.

Off the court, *Playing Tennis After 50* will help you avoid aches and injury with stretching and strengthening exercises. Then double your pleasure with expert information on the latest equipment, tips on finding the right club and playing partner, and ways to make tennis a lifelong activity!

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