



Tenis. Ejercicios progresivos para desarrollar tu juego (Deportes n° 21) (Spanish Edition)

Gema Torres Luque, Alejandro Sánchez Pay, Carolina Gago Fuentes, Juan Manuel Ros García

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Esta obra ofrece un bagaje amplio de ejercicios de tenis expuestos de manera progresiva. Todas las tareas se pueden aplicar a diversos niveles de enseñanza adaptando aspectos como la pista, la red, etc. Se introducen los conceptos básicos y se presentan propuestas de actuación para las sesiones de tenis que contribuyen a una mejor planificación de la enseñanza.

En "Tenis. Ejercicios progresivos para desarrollar tu juego", los entrenadores encontrarán una herramienta que les ayudará a planificar de una manera ordenada y coherente sus sesiones de entrenamiento para los diferentes niveles de aprendizaje.

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