

My Awesome Tennis Journal: Planning and Reflecting on Matches to Facilitate Rapid Improvement (Tennis Strategy Series) (Volume 5)

Bill Patton



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Do you feel like you repeat your mistakes? Are the concepts you are learning in lessons and workouts getting lost in matches? Do you hate cookie cutter approaches? This journal solves those problems. It does so, by giving you multiple forms with thought provoking questions. Some forms guide more, others give open ended questions, others still are for you to journal your progress. Use this to thoughtfully construct your thoughts and get the most of your tennis experience. This is powerful and versatile journal with different forms for different players. Various formats with many prompts, open ended questions, and open space to fill in your thoughts about your game. Empower your development with great guidance, and something to show your coach!

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