

PAUL DOUGLAS

NAUKA TENISA

W WEEKEND

KSIĄŻKA POLECANA PRZEZ PTCA

WZROK

Obejrzyj piłkę aż do momentu uderzenia. W chwili zetknięcia piłki z rakietą głowę utrzymuj nieruchomo.

CIEŻAR CIAŁA

Reagując na ruch rakiety w kierunku piłki przesuń ciężar ciała na nogę w kolanie nogę wykręcając.

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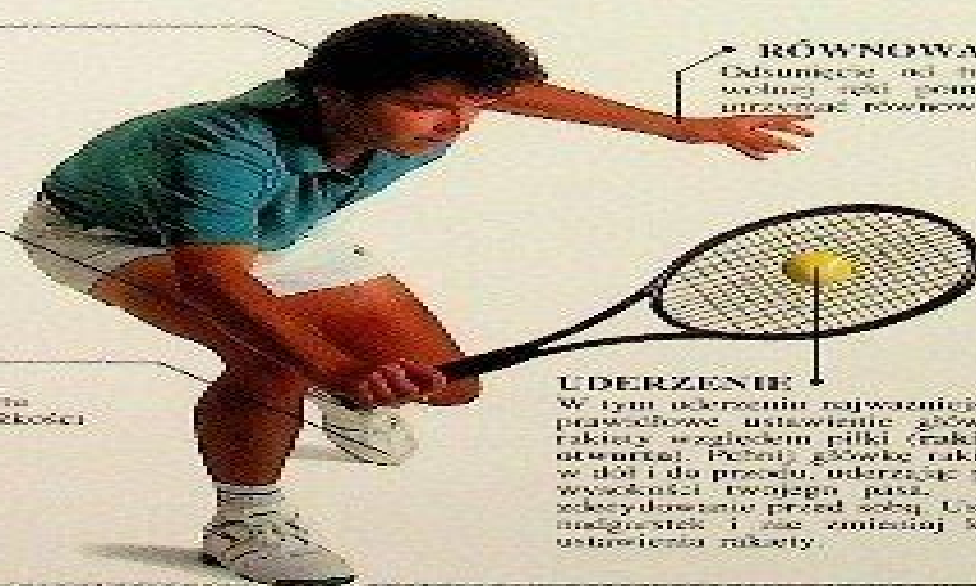
Dla zapewnienia stabilności ciała w momencie uderzenia dotykaj kortu palcami nogi zakrocznej. Środek ciężkości ciała powinien być obniżony.

RÓWNOWAGA

Odsunięcie od talerza wolnej ręki pomoże utrzymać równowagę ciała.

UDERZENIE

W tym uderzeniu najważniejsze jest prawidłowe ustawienie główki rakiety względem piłki (rakietę otwórz). Połnij główkę rakiety w dół i do przodu, uderzając piłkę na wysokości swojego pasa, zdecydowanie przed sobą. Używaj nadgarstek i nie zmieniaj kąta ustawienia rakiety.



Nauka Tenisa W Weekend

Liyong Dong



Nauka Tenisa W Weekend:

Nauka Tenisa W Weekend Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Nauka Tenisa W Weekend**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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