

My favourite sport is Tennis.

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# Tennis.

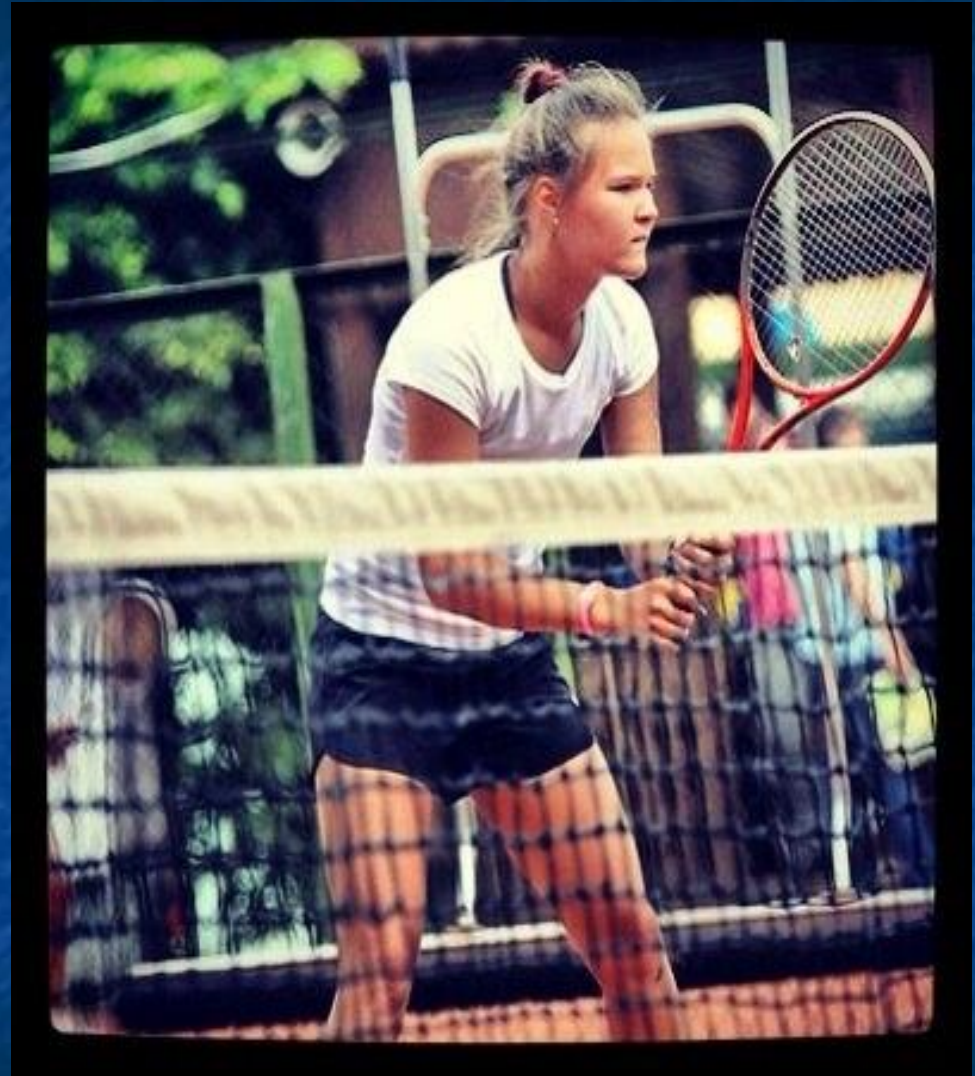


- Tennis - is a popular sport in which there is a single game (two players compete) or doubles (two competing teams of two players). Task two opponents using rackets to send the ball into the territory of the opponent so that he was unable to fight off no more than after the first fall of the ball on the opponent's playing field.

# President of the Russian Tennis Federation



- Tennis is today a very popular game for many people, and he is also one of the most prestigious sports. Because of this, tennis has become attractive for many famous pop stars, actors and politicians.



- Turf tennis courts is characterized by rapid and extremely low rebound. Success in reaching the grass, as a rule, players who hold an attacking style of play and having a great pitch. Roger Federer and Pete Sampras can serve as a vivid example.



- Primer coating for tennis courts - a very slow type of coverage. During the game, bounce the ball on it is often unpredictable. These courts have a low cost and low traumatic, that is their major advantage. However, the clay courts must be constantly watered, align, clean lines and markings to fill up tennis. To achieve success in professional tennis at this viscous coating must have excellent endurance, strength and patience. To sustain a long grueling match in the hot sun, you must also in good health.



- Hard characterized by average speed and stable rebound. Hard coatings for tennis courts may differ in speed rebound depending on its structure. Hard coating increases the load on the legs, spine and joints, so hard is less comfortable to play than clay and grass.



- The first time dad brought me on the court when I was six years old. The first training I really liked. In training, I played very well. And then I started to practice every day. In eight years, I played my first tournament. The tournament was held in Kazan.

- Then I showed the results. Dad and I started to travel to tournaments in different cities. The first tournament was visiting the city Chebaksary. First match I won easily, second game I won, third match I won in a fight, and fourth match I lost the girl from Moscow. For the first time it was a good result. And so Dad and I have traveled all over Russia. I won the competition, won prizes.





- Strength training - is an integral part of the preparation of a professional tennis player, so successful learning the game of tennis is unthinkable without additional muscle workout. That's why we include strength training for juniors from 11 years. Tennis training children envisages a gradual increase in load and variation of exercises, their number and the number of approaches. At the same time, our coaches are selected individually for each program tennis, taking into account differences in height and weight parameters juniors.



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Speed is one of the most important skills in tennis. When we talk about speed, it often means the speed of movement around the court. Meanwhile, this skill is a complex that includes in addition to the velocity of the site parameters such as the preparation for the implementation of impact, speed of decision-making reaction. For a tennis player, it is important to possess all of these skills in the complex, they help to move quickly, to actively take an opponent by quickly prepare to respond to strong impacts while playing at the net.



- Speed abilities tennis depend on the strength of relevant muscles, in this regard, the development of high-speed abilities athlete is closely linked with exercises aimed at developing strength. Is also often used the concept of explosive power. Explosive strength is closely related to speed. In order to achieve a high level of speed, you must have strong leg muscles, with good mobility.



# Victory

- Victory in any of these tournaments is considered very prestigious. And the highest achievement for any tennis player is to win all 4 tournaments during his career. This is the dream of every professional athlete. However, to enter the history of tennis as the winner at least one tournament a little Grand Slam manages.



# Way up the career ladder

- Of course, before becoming a tennis star, you need to invest a lot of work, with a sufficient amount of time to exercise. Easily wins and no positive results can not be. Only plodder can achieve good performance in the end.



If you've never tried to play tennis, it's never too late to start playing tennis.



Thank you for your attention!