



# The Physics and Technology of Tennis

*Howard Brody, Rod Cross, Crawford Lindsey*

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Helping coaches and players streamline their learning systems, improve their performance, and further their understanding and enjoyment of the game, this book provides an entertaining and enlightening look at the physics behind how to use a racquet to change the speed and direction of a tennis ball. Distinguishing the science from the folklore and myth, it makes the physics of tennis understandable to players of all skill levels. Important issues such as the role of string tension, the meaning of power, the importance of swing weight, and the relevance of the various sweet spots are addressed. Athletes are shown how to play better tennis by obeying the laws of the universe, optimizing equipment for ultimate performance, and understanding the dynamics of tennis events. From speed-to-spin ratios and shock vibration scales to choosing string on a moist day, this guide covers it all.

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