



Tennisology: Inside the Science of Serves, Nerves, and On-Court Dominance

Thomas Rowland

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Thought provoking and original, *Tennisology* delves into the science, psychology, and history of the world's most popular individual sport in search of the factors that truly influence successful on-court play. The findings will not only surprise you but also change the way you approach the game.

Based on the latest research, statistics, and analysis, *Tennisology* provides fascinating insights and observations on development, conditioning, and performance:

- How and when the skills of the game are best learned
- Why pressure affects some players but not others
- Whether observing others can improve individual play
- Whether there is a link between player personality and style of play
- How and why height influences serve velocity
- Whether great players are born or developed

You will also discover how to apply the laws of physics to improve accuracy and consistency of shots and serves; how to structure training to minimize fatigue in lengthy matches; and how technology has affected the way the game is played, officiated, and coached.

From the historical roots of modern tennis to the physical attributes that define the game, *Tennisology* will captivate you and make you think. It is a must-read for passionate players, coaches, and fans alike.

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