

Love All First Set: A Detailed Guide to Susan Shelby Torrance's Classic Tennis Book



Love All: First Set by Susan Shelby Torrance

★★★★☆ 4.8 out of 5

Language	: English
File size	: 1197 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 54 pages
Lending	: Enabled



Susan Shelby Torrance's *Love All First Set* is a seminal work in the field of tennis instruction. First published in 1979, the book has sold over a million copies and has been translated into multiple languages. It is considered a classic by many tennis enthusiasts and is regularly recommended by coaches and players alike.

Torrance's approach to teaching tennis is unique in that she emphasizes the importance of developing a solid foundation in the basics of the game. She believes that by learning the correct techniques and developing good habits early on, players can avoid developing bad habits that can be difficult to break later on.

Love All First Set is divided into three parts. The first part covers the basics of tennis, including grip, stance, footwork, and swing. The second part

focuses on more advanced techniques, such as serving, volleying, and overhead shots. The third part provides drills and exercises to help players improve their game.

Key Concepts

There are several key concepts that Torrance emphasizes throughout *Love All First Set*. These concepts include:

- **The importance of a solid foundation:** Torrance believes that it is essential to learn the correct techniques and develop good habits early on in order to avoid developing bad habits that can be difficult to break later on.
- **The importance of repetition:** Torrance stresses the importance of practicing the correct techniques over and over again in order to develop muscle memory and improve your game.
- **The importance of mental toughness:** Torrance believes that mental toughness is just as important as physical skills in tennis. She provides several tips and exercises to help players develop mental toughness.
- **The importance of having fun:** Torrance believes that tennis should be enjoyable. She encourages players to focus on having fun and improving their game at their own pace.

Exercises and Drills

Love All First Set includes a variety of drills and exercises to help players improve their game. These exercises and drills are designed to help players develop their technique, improve their footwork, and build their stamina. Some of the exercises and drills included in the book include:

- **Groundstrokes:** Torrance provides several drills to help players improve their groundstrokes. These drills include forehand and backhand drills, as well as drills to help players improve their footwork.
- **Serves:** Torrance provides several drills to help players improve their serves. These drills include drills to help players improve their toss, their swing, and their accuracy.
- **Volleys:** Torrance provides several drills to help players improve their volleys. These drills include drills to help players improve their footwork, their hand-eye coordination, and their ability to hit the ball with power.
- **Overhead shots:** Torrance provides several drills to help players improve their overhead shots. These drills include drills to help players improve their footwork, their swing, and their power.

Love All First Set is a comprehensive and well-written guide to learning tennis. Torrance's approach to teaching tennis is unique in that she emphasizes the importance of developing a solid foundation in the basics of the game. She provides a variety of drills and exercises to help players improve their game, and she emphasizes the importance of mental toughness and having fun.

Whether you are a beginner just starting out or an experienced player looking to improve your game, *Love All First Set* is a valuable resource. Torrance's clear and concise instructions, combined with her engaging writing style, make *Love All First Set* a must-read for tennis enthusiasts of all levels.

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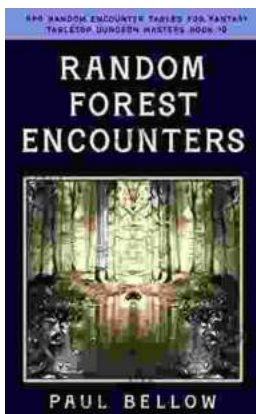


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