

WINNING UGLY TENNIS%0A

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Winning Ugly: Mentale Kriegsführung im Tennis: Amazon.de ...

"Winning ugly" im Sinne Gilberts heißt nun aber nicht, "hässlich" zu spielen, sondern klug. Egal, wie es aussieht. Klug heißt es mit dem Kopf. Körperliches Talent und Training sind die Basis, doch die "mentale Kriegsführung" ist es, die über Sieg und Niederlage entscheidet. Und die, meint Gilbert, kann jeder "Freizeitspieler" lernen.

Winning Ugly - Tennis Academy Wiesbaden

Winning Ugly: Aspekte ganzheitlichem Trainings; weiter klicken für die schmutzigsten Tricks im Tennis Sport .
BERSETZE WEBSITE IN DEINE SPRACHE.

Wer haltet ihr von Winning Ugly Tricks im Tennis? (Buch)

So lange sich die jeweiligen Winning Ugly-Tricks im Rahmen der sportlichen Fairness bewegen, finde ich das in Ordnung. Im Freizeit-Tennisbereich haben solche Tricks nicht verloren, aber je höher das Spielniveau, bzw. professioneller die Spieler werden, um so eher ist das an der Tagesordnung.

Winning Ugly: Amazon.de: Brad Gilbert, Steve Jamison ...

"Winning Ugly" teaches how to play better tennis and is very entertaining. Jim Courier"Winning Ugly" is a totally new approach to getting more out of your tennis game. I wish it had been around when I was learning how to play. Andre Agassi"Winning Ugly" explains Brad's formula for a winning tennis game.

Winning Ugly: Mentale Kriegsführung im Tennis ...

Juli 27, 2017 Chris Kommentare deaktiviert für Winning Ugly: Mentale Kriegsführung im Tennis. Clever Tennis spielen nicht hässlich!

Winning Ugly Mental Warfare In Tennis Lessons From A ...

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FREE shipping on qualifying offers. The tennis Winning Ugly von Brad Gilbert - Buch | Thalia

In >Winning Ugly< erläutert Gilbert, wie man - ob Profi oder Vereinsspieler - erfolgreicher spielen kann, ohne

seine Schläge zu verbessern. Denn Tennis wird vor allem mit dem Kopf gespielt. Gilberts Botschaft: Nur wer ein Konzept hat, ist im Match in der Lage, mit den eigenen Stärken und Schwächen und denen des Gegners richtig umzugehen.