



## METADATA

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### Abstract

The book Tennis - Technique - Tactics - Exercises – Rules, Regulations, and Terminology covers a significant range of topics essential for students of Greek Faculties of Physical Education and Sport Science (SEFAA) as well as current and future coaches. Most books used today at Hellenic Universities cover only part of a sports discipline's relevant subject matter. This specific book takes a more comprehensive and practical approach to tennis, addressing students' needs for both theoretical knowledge and practical application, while also adapting teaching methods to modern standards. The content of the book includes an extensive range of topics, from the history, characteristics, and regulations of the sport, and the methodology for teaching

it, to detailed descriptions of the techniques of shots, an examination of tactics, and numerous drills that are essential for the educational and training process. The book aims to present as many aspects of the sport as possible in a clear and accessible way to adequately cover the subject of tennis at SEFAA. At the same time, it aspires to serve as a strong foundation for future knowledge expansion and skill development for those who wish to specialize in tennis coaching. I believe this book fulfills its educational role and serves as a particularly valuable resource for SEFAA students and beyond. It aims to expand their knowledge and improve their daily practice, whether in the field of education or on the tennis court.

