



Complex Sports Biodynamics: With Practical Applications in Tennis (Cognitive Systems Monographs)

Tijana T. Ivancevic, Bojan Jovanovic, Swetta Djukic, Milorad Djukic, Sasa Markovic

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What are motor abilities of Olympic champions? What are essential psychological characteristics of Mark Spitz, Carl Lewis and Roger Federer? How to discover and maximally develop motor intelligence? How to develop - dominant will power of Olympic champions? What are the secrets of selection for the future Olympic champions? Does for every sport exist a unique model of an Olympic champion? This book gives a modern scientific answers to the above questions. Its purpose is to give you the answer to everything you ever wanted to ask about sport champions, but didn't know who or how to ask. In particular, the purpose of this book is to give you the answer to everything you ever wanted to ask about advanced tennis, but didn't know who or how to ask. Its aim is to dispel classical myths of a "biomechanically sound" serve, forehand, and backhand, as well as provide methods for developing superior tennis weapons, a lightning-fast game, and unrivaled mental speed and strength – essential qualities of a future tennis champion.

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