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Expect Jimmy to e manipulate the crowd at key moments. Be prepared for disruption and stay focused, 2. Serve big on the first serve. If I miss he won't come in on my second. 3. Hit slice to his forehand, 4. He doesn't like junk. Page 11/39

Massage the ball.

Winning Ugly: Mental Warfare in Tennis--Lessons from a ... Winning Ugly is a biography written by Olympic gold medalist and FSPN analyst Brad Gilbert, Gilbert uses his high tennis IQ and experience to Page 12/39

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notes while you re read Winning Ugly: Mental Warfare in Tennis--Lessons from a Master.

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from a ...
1. Increase my first
serve percentage.
Don't try to hit aces
or service winners.
Page 15/39

Don't let him see many second serves. 2. Serve to his forehand regularly. Look for short crosscourt return. Approach down the line. Camp near the alley. 3. Try to create mistakes on his forehand. Don't give him any ...

Winning Uglyr fare Book by Brad Gilbert, Steve Jamison ... Winning Ugly: Mental Warfare in Tennis--Lessons from a Master (Paperback) Published May 31st 1994 by Touchstone. Paperback, 224 pages. Author (s):

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