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The significance of exercise method on forehand and backhand groundstroke skills improvement in tennis

<b>Title</b>	The significance of exercise method on forehand and backhand groundstroke skills improvement in tennis
<b>Abstract</b>	
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<b>Journal Name</b>	Jurnal SPORTIF: Jurnal Penelitian Pembelajaran 6 (1), 132-144, 2020
<b>Publish Year</b>	2020
<b>Citation</b>	15
<b>Url</b>	<a and="" backhand="" exercise="" forehand="" groundstroke="" href="https://scholar.google.com/scholar?q=+intitle:" improvement="" in="" method="" of="" on="" significance="" skills="" tennis"="" the="">https://scholar.google.com/scholar?q=+intitle:"The significance of exercise method on forehand and backhand groundstroke skills improvement in tennis"</a>
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