

Racquet Sport Resource List

Books

[Tennis Anatomy – Roetert and Kovacs](#)

[Complete Conditioning for Tennis-2nd Edition – Roetert, Kovacs and Ellenbecker](#)

[Tennisology - Rowland](#)

[Badminton 2nd Edition – Grice](#)

[Squash 2nd Edition – Yarrow, Harrison](#)

Journals

[Biomechanics and tennis](#)

[Torque-velocity characteristics and contractile Rate of Force Development in elite badminton players](#)

[Motion analysis of squash backhand drop shot – A kinematic analysis study](#)

[Physiological responses and time-motion characteristics of young tennis players: comparison of serve vs. return games and winners vs. losers matches](#)

[A review of the performance requirements of squash](#)

[Common Injuries in Tennis Players: Exercises to Address Muscular Imbalances and Reduce Injury Risk](#)

Videos

[Slow Motion Badminton](#)

[Slow Motion Squash Rally](#)

[Tennis Serves](#)