

Teaching And Coaching Tennis

Teaching TennisThe Fundamentals of the Game (For Coaches, Players, and Parents)Xlibris Corporation

This book combines the sport sciences of biomechanics, motor learning, exercise physiology, and sport psychology into one comprehensive volume.

Master your game from the inside out! With more than 300,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of "relaxed concentration" that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. "Introduced to The Inner Game of Tennis as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program."—from the Foreword by Pete Carroll

As a coach, your success depends on the success of your players. Now you can better ensure players' development and team performance with Coaching Tennis Successfully. The United States Tennis Association (USTA) presents this comprehensive manual with information on planning productive practices, conducting drills, developing physical and mental skills, and teaching match tactics. You'll find ideas to prepare singles players and doubles teams for competitive matches. Plus, the book offers the best methods and helpful tips for teaching key skills: • Footwork • Serves • Groundstrokes • Overheads and volleys With more than 670,000 members and programs that encompass all 50 states and beyond, the USTA is able to tap into the best minds and mentors in tennis coaching. Coaching Tennis Successfully synthesizes and shares that expertise to give you the winning edge!

Tennis

Teaching and Coaching Tennis

Tennis Strategies for the High School Coach

Teaching Tennis

The Tennis Drill Book

This Book is for those High School Coaches who work with the non tournament players or has maybe one tournament player on the team once in awhile, but wants to develop a team into a competitive program. Where most of the players who join Tennis are not athletic at all and in many cases are joining just to put something down on their College application. I give you both mental and physical workouts that will help you build a High School Tennis program. Included are some of my favorite Drills.

Coaching Mastery: The ULTIMATE "Blueprint" for Tennis Coaches, Tennis Parents, and Tennis-teaching Professionals. Learn how to: Attract tennis players to your program, develop sustainable tennis programs, and build perennial championship teams and successful individuals. Following the world-wide embrace of David W. Smith's book, TENNIS MASTERY, David now brings his "Advanced Foundation" to the art of coaching and teaching tennis. For the High School, Club or Team Coach, from the highly experienced to the uninitiated, Coaching Mastery is a PROVEN "blueprint" to attracting players and designing highly effective and efficient tennis practices. For the Tennis Parent: Regardless of your tennis experience, Coaching Mastery will provide a clear and proven method to make sure you are providing your child the right progression and patterns of play to insure they will reach their personal best...and do it in a way that makes it fun for both parent and child! For the Tennis-teaching Professional: Coaching Mastery provides a lifetime of successful tennis club programming and teaching experience, a resource to enhance any teaching professional's teaching program. Coaching Mastery provides over 70 effective drills and dozens of ideas that allow any coach or teacher to get the most out of their tennis opportunities. In addition, Coaching Mastery provides the "Advanced Foundation" principles that define every shot and every stroke in the sport.

The Tennis Coach Approach is a user-friendly coaching guide for tennis, packed with examples and diagrams instructing coaches how to create lessons and drills using the games-based instructional approach. The author clearly maps out the process for delivering quality tennis lessons and drills, walking the reader through lesson planning, important instructional points, player management, tips for teaching specific skills, and a systematic process about how to run a lesson while keeping it fun. Also included are lesson planning sheets and various assessment pages for the instructor's use. The Tennis Coach Approach will empower the user to design and deliver lessons that will ensure their students become better tennis players.

Tennis is the essential book for anyone looking to learn tennis or improve his or her game. Along with basic descriptions of skills and fundamentals, it includes updated information on equipment, tennis organizations, rule changes, and more. Joan D. Johnson is a professor emeritus at UCLA. Paul J. Xanthos is a professor emeritus at Los Angeles Pierce College. Ann Lebedeff is an associate professor at Pomona-Pitzer Colleges.

World-class Tennis Technique

Coach's Workbook

Coaching Tennis Technical & Tactical Skills

Science of Coaching Tennis

Secrets of a True Tennis Master

The Tennis Parent's Bible is a comprehensive survival guide to becoming a world class tennis parent or coach. This book opens the door to hundreds of hours of player specific instruction, while saving thousands of dollars, time and anguish. The Tennis Parent's Bible should be required reading for every inspiring player, coach and player. Tennis teaching professionals, academy directors, college coaches and/or high school coaches who have kept current with behavioral sports science will find this book an excellent reference. For tennis industry individuals who have yet to incorporate organizational or behavioral science into their teaching, this book will provide a wealth of new insights into teaching strategies. For parents of beginning recreational players to advanced tournament players, this book will prove an invaluable developmental tennis guide. For those parents currently in the trenches of junior competition this book will help you critique, re-evaluate and direct your child's tennis team. Regardless of the stage of development, The Tennis Parent's Bible will assist you, the tennis parent, in maximizing your child's tennis potential at the quickest rate. The evolutionary state of tennis demands parents be more involved and informed, due to the ever increasing demands of the game. The competition is bigger, faster and stronger. Around the globe, the competition is training more efficiently. The days of raising a talented athlete while being a passive parent are long gone. The Tennis Parent's Bible is essential reading for those interested in developing confident, self-reliant and accomplished children.

Teaching Tennis Volume 2 Teaching Tennis Volume 2 is a comprehensive book for players, coaches, and parents to learn about the development of advanced tennis players. It contains technical, tactical, physical, and mental topics that show how to solve problems concerning all aspects of the game. It is the second of three books, with Volume 1 containing the fundamentals of the game. The third book will contain subjects for all levels of play on how to compete individually and in team events. This second book will have the following topics for its readers: Showing the specifics in the development of advanced players and specialty strokes A methodology and progression to teaching tennis at an advanced level Technical, tactical, physical, and mental chapters

Information on all other aspects of the game Examples of the strokes with photo sequences How to make a training and tournament plan Common mistakes and how to fix them Extensive section on problem solving Drills and exercises

SUPERANNO Over the past five years, tennis participation at the high school level has increased over ten percent each year, and total participation is over 14.5 million in the U.S. Coaching Tennis Technical and Tactical Skills guides coaches through basic to intermediate tennis skills in a comprehensive manner. Written by the American Sport Education Program in conjunction with the United States Tennis Association, this is the practical resource that will help high school coaches improve their coaching.

"To assist you with your team-management skills, the book includes practical content on coaching matches and developing season and practice plans that promotes tennis as a team sport. A convenient activity finder culls over 30 activities from the book into one section with page numbers for easy reference, while an expanded chapter on rules and equipment presents new youth modifications recently adopted by the USTA. The official handbook of USTA Jr. Team Tennis, Coaching Youth Tennis serves up coaching know-how that's sure to be a winner with you and your players."--BOOK JACKET.

Teaching and Coaching Lawn Tennis

The Development of Champions

The Most Comprehensive Resource for Tennis Coaches Wanting to Develop Perennial Championship Teams and Triumphant Players

Welby Van Horn and His Tennis Teaching System

Coaching and Learning Tennis Basics 4: The Road to College Tennis

TEACHING TENNIS Teaching Tennis is a comprehensive book for players, coaches and parents to learn about the basics of tennis, how to teach tennis and how to solve problems concerning all aspects of the game. It is the first of three books, with Volume 1 containing the fundamentals of the game. The other two books contain subjects for teaching advanced and professional levels of play. Showing the fundamentals of the game A methodology and progression to teaching tennis Technical, Tactical, Physical and Mental chapters Information on all other aspects of the game Examples of the strokes with photo sequences How to make a training and tournament plan Common mistakes and how to fix them Extensive section on problem solving Drills and exercises For more information, you may visit www.teachingtennisvolume1.com

The reason I wrote this book is that...Tennis Coaching is at an all-time low in our game.With that being that case,So, why not teach yourself the game and save yourself a lot of money in the long run.Just by buying this book today, you could be saving yourself 3000\$.Because that is the average cost of a lifetime worth of tennis lessons for tennis students.Let that sink into your head for a moment and then do the right thing and get this ebook.

Chuck Kriese, men's head tennis coach at Clemson University and former U.S. Junior Davis Cup Team coach, is the all-time winningest coach in the Atlantic Coast Conference, and his career victories stand among the top in U.S. collegiate history. His coaching accomplishments include eleven ACC titles, eight national top ten finishes, and six ACC Coach of the Year awards. The Kriese coaching legacy has produced thirty All-Americans, sent twenty-three former players to the professional ranks, and spawned twelve current collegiate level coaches from among his former players and assistants. Coach Kriese is the author of three other books--Total Tennis Training, Winning Tennis, and Youth Tennis. He has lectured on the sport in the United States, England, Japan, Spain, and the Netherlands. Coaching Tennis, formerly published as Total Tennis Training, is a recipe for total player development that gives players and coaches the competitive edge

when it comes to understanding the complex sport of tennis. The most comprehensive coaching guide available, it is complete with detailed descriptions of physical training techniques, useful approaches for mental and emotional development, and keys to establishing player strategy and team unity. Updated to discuss every conceivable aspect of the modern game from technical skills to momentum management, practice drills to goal setting, directional guidelines to coaching philosophies--discover Coach Kriese's unique motivational program, a formula proven in competition and proven by champions. Filled with time-tested drills designed to improve every aspect of one's game, this updated edition is the ideal resource for any tennis player who wants to gain an edge on their competition. With more than 100 practice drills for both group and independent practice, readers will learn how to improve their serving, returning, groundstrokes, lobs, drop shots, approach shots, overheads, volleys, and much more. The singular, authoritative source for skill-enhancing drills, this guide is equally useful for beginning or advanced players of all ages.

Coaching Youth Tennis

International Book of Tennis Drills

How to Teach Yourself Tennis: Better Than Any Coach Could

The Development of Advanced Players

Teaching and Coaching Tennis Variations

The world's best tennis drill book returns--bigger, better, and more comprehensive than ever. Building on the strengths of the popular first edition, this second edition of The Tennis Drill Book includes more drills, expert instruction, advice, and analysis for today's players and coaches. The Tennis Drill Book is your complete collection of drills, games, and tips for improving stroke technique, match strategy, and everything in between. Inside you will find • progressive technique drills for mastering every stroke and shot combination; • tactics drills for winning with aggressive or defensive strategies in every game situation; • mental training drills for staying focused when the pressure is on; • warm-up, cool-down, and conditioning drills for increasing speed, agility, and endurance; and • game-based drills that simulate singles and doubles match play. With insights, recommendations, and performance tips from teaching pro and former WTA player Tina Hoskins-Burney and veteran coach Lex Carrington (coach to Vera Zvonareva), The Tennis Drill Book is an essential reference that belongs in every tennis library.

Top tennis experts contribute to this analysis of optimal techniques for all the essential strokes of the game. 160 photos.

A complete resource for tennis coaches; How to attract tennis players to your team; how to train large numbers of tennis players with minimal resources; how to train all players to reach high levels of skilled play; how to create passionate tennis players; how to build perennial championship teams in any social-economic environment or geographical location.

Coaching Tennis Technical and Tactical Skills is a practical resource that will help you become a better high school, club, or college tennis coach. With the expert guidance of Kirk Anderson, director of recreational coaches and programs for the United States Tennis Association, you will learn coaching and evaluating skills and then focus on technical and tactical skills of tennis, including quick tips on detecting and correcting errors in your athletes, cues athletes need to be aware of in various tactical situations, and key information your athletes need to know to make the appropriate decisions on the court. Skills are cross-referenced so you can see how the skills relate to each other and quickly determine how to use them in practice situations. Whether you are a veteran coach or just a beginner, this book will help you take your coaching to the next level by providing you with the tools you need to teach athletes the game of tennis.

Teaching, Coaching, and Directing Programs

Coaching Mastery

The Little Green Book of Tennis

The Tennis Parent's Bible

The Art of Coaching High School Tennis

Scholarly as well as popular writings on the scientific, technical, physiological, psychological, and health aspects of tennis are highlighted in the 510 annotated items.

-For beginning tennis players. -Parents of beginning tennis players -Aspiring trainers and players of all levels -How to develop a young tennis player and the college recruitment process This extensively illustrated guide provides a wealth of information including the following: How to select the correct racket, string and stringing machine. Knowing your grips. Quick Start tennis Beginning forehand, backhand and service teaching progressions in a group situation. The volley, topspin, slice and service teaching progressions when teaching the individual. Footwork including advanced movement techniques. ATP compared to WTA forehand. Advanced spin serving. Advanced volleying. Two handed backhand variations. Return of serve, approach shot and specialty shot sections. The development of a young tennis player and the route to college tennis. Beginner, Intermediate and advanced singles and doubles tactics.

Have you reflected on a past season and thought "I wish I had seen that coming?" This books solves that, it's chock full of questions to help you think ahead, solving problems before they happen. Clarify your vision for your team. Gain valuable skills not often taught in other tennis books. Create a better environment around you! Start anywhere in this workbook on any page you think applies to your right now, because it's a place to think through and solve problems of coaching high school tennis. The companion to The Art of Coaching High School Tennis and the basis for the USA High School Coaching Certification Level 1. Certification program coming soon! The second edition of The Art of Coaching High School Tennis will be published in September 2015. Bill is available to speak to coaches! Book him today.

The Most Complete Guide to Learning, Developing, and Mastering the Sport of Tennis. For Beginners - For Intermediate Players - For Advanced Players. The Most Progressive Tennis Teaching Methodology Today.

A Comprehensive Survival Guide to Becoming a World Class Tennis Parent (or Coach)

Over 100 Skill-Specific Drills Adopted by Tennis Professionals Worldwide

The Fundamentals of the Game (for Coaches, Players, and Parents)

The Tennis Coach Approach

Coaching Your Tennis Champion

A guide for developing a winning school tennis team features drills, coaching concepts for all the strokes, tips for mastering playing styles, and singles and doubles strategies

Teaching Tennis Volume 3 is a comprehensive book for players, coaches, and parents about the specifics of competitive tennis. The Development of Champions is the last of the trilogy of instructional tennis books. It will enhance the understanding of methodology and progression in teaching tournament players. After the fundamentals of the game are explained in volume 1, readers are able to build on that information in the second book with specific details on how to develop advanced technical, tactical, mental, and physical skills. Volume 3 is for instructing tournament players of all levels for individual and team competition. It is beneficial for readers to examine these books in order. The books complement one another in the development, progression, and application process while improving your game.

Get a head start in developing young players with "Coaching Your Tennis Champion". QuickStart Tennis, the play format now used by the United States Tennis Association for junior tennis players, is explained with easy-to-follow instructions, tennis court diagrams, and photographs. Make the most of valuable court time with innovative tennis lesson plans created by a respected tennis instructor. Exclusive day-by-day progressive lesson plans covering 70+ games and tennis drills. The lessons are customised and grouped for players ages 5-7 and ages 8-10. Use a lesson as is, or easily adjust it for your players' needs. All activities are labelled with approximate completion times to help you budget tennis teaching sessions. Lesson games and drills focus on motor skills, strokes, game rules, and point play. Plus! 30 additional games and drills to enliven your lessons and keep your students coming back. Big time-saver for teaching professionals. Fun know-how for volunteer coaches and parents.

An intimate look at the techniques and relationships of high school coaches with their school, players, and parents. Along with very practical advice, there are anecdotes to inform great decision-making for you and your high school team. Coaches, athletic directors, parents, and even players will want to read this to navigate high school tennis and to share with others. Learn drills and tips to become a great tennis coach or player, and accompany the ranks of others who join the USTA, USPTA, and PTR.

Tennis Mastery

Coach's Guide to Teaching

Coaching Tennis Technical and Tactical Skills

Teaching Tennis Volume 2

The mark of a great coach is a constant desire to learn and grow. A hunger to use whatever can make them better. The best-selling author of Teach Like a Champion and Reading Reconsidered brings his considerable knowledge about the science of classroom teaching to the sports coaching world to create championship caliber coaches on the court and field. What great classroom teachers do is relevant to coaches in profound ways. After all, coaches are at their core teachers. Lemov knows that coaches face many of the same challenges found in the classroom, so the science of learning applies equally to them. Unfortunately, coaches and organizations have a mixed level of understanding of the research and study of the science of learning. Sometimes coaches and organizations build their teaching on myths and platitudes more than science. Sometimes there isn't any science applied at all. While there are thousands of books and websites a coach can consult to better understand technical and tactical aspects of the game, there is nothing for a coach to consult that explicitly examines the teaching problems on the field, the court, the rink, and the diamond. Until now. Intended to offer lessons and guidance that are applicable to coaches of any sporting endeavor including everyone from parent volunteers to professional coaches and private trainers, Lemov brings the powerful science of learning to the arena of sports coaching to create the next generation of championship caliber coaches.

Golf is a disease, not a game. Especially when you take the game up in your fifties, as I did. After a series of injuries stopped my recreational tennis play, and my retirement from a lifetime of coaching and teaching tennis, I tried golf. It didn't take long to realize it was not an easy endeavor. Someone said, "You can't learn anything from a golf book, but you have to read a lot of golf books to find that out!" I found the gurus of golf instruction: Ledbetter, Peiz, and Hogan, who was said to have written the book with the secret! I did find one that really attracted me but in a somewhat different way.

"Glücklicherweise ist der Autor dieses Buches jemand, der mehrere Rollen spielt: Forscher, Trainer und Professor. Daher gehen sowohl der Inhalt als auch Stil auf ein echtes Interesse bei der Erleichterung der ordnungsgemäßen Übertragung von Informationen durch die Art und Weise ein, die das Interesse des Lesers zu wecken versucht." Miguel Crespo – Internationale Tennisföderation " Mit diesem Beitrag wurde ein weiterer Schritt in Richtung Verbesserung der Sporttrainings in Portugal und in allen Ländern der portugiesischen Sprache - insbesondere durch die Zusammenarbeit zwischen der portugiesischen Sprache - insbesondere durch die Zusammenarbeit zwischen der portugiesischen Tennisföderation und der Bundesvereinigung des brasilianischen Tennis in diesem Projekt unternommen." Vitor Cabral – Portugiesische Tennisföderation " Herzlichen Glückwunsch an Professor César Coutinho, der, durch brillante Initiative und das Engagement bei der Entstehung dieses Buches ... es auf objektive und praktische Art und Weise schrieb. Es ist bereit, in unseren Trainings angewendet zu werden." César Kist – Brasilianischer Tennisbund " Ein Handbuch von großem Nutzen nicht nur für die Profis, die an den Prozess des Lehrens und Trainierens der Tennisspieler beteiligt sind, sondern auch ein sehr interessantes Dokument, das eine Konsultation für alle Liebhaber des Sports ist, die es besser verstehen wollen." Pedro Pazarat-Correia – Universität à Lisbon

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The Inner Game of Tennis

Coaching Tennis Successfully

The Good, the Bad and the Ugly

Technical and Tactical Skills

Technique, Tactics, Training : Play to Win the Czech Way