

Junior Tennis A Complete Coaching Manual For The Y

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DONNA LEBLANC

The ITCA Guide to Coaching Winning Tennis Mansion

'Coaching Tennis Successfully' covers key areas for developing a winning tennis programme, including all key on and off court organization and management duties.

Coaching Mastery Human Kinetics

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.

Women's Tennis Tactics McGraw-Hill Education

Through this compassionate, well-researched program, parents, players, and coaches can achieve a more relaxed relationship that is more conducive to winning. Seven easy-to-follow sessions show how to relieve the stress and pressure put on young players and make tennis more enjoyable.

A Parent's Guide to Coaching Tennis Human Kinetics

This book teaches you about Mini Tennis and has inference from Tahlia's tennis life. This will help you fall in love with sport for both Fun and competitive sporting. Tahlia Ayandare is a 9 year old author. A book for kids, read about other kids who are playing competitive Tennis or Tennis for fun. This will inspire children and spring them to action whether in Tennis or any other Activity. This book contains expert Advice to Parents, Children and Tennis Coaches from a renowned coach with over 12 years of coaching experience. This is the best Sports book for children by children. Enjoy

The Tennis Parent's Bible St. Martin's Griffin

Parents, players, and coaches can benefit from the information contained in this book. Junior tennis can be a great experience if you have the right tools. This book can give you those tools.

Before They Play a Grand Slam Human Kinetics

If you're looking for practical, straight-talking advice on getting things right, look no further. Being the Best Man For Dummies is a perfect one-stop guide to being the ideal best man. This newly updated edition includes: Advice on organising the stag night (or weekend), including a guide to the best destinations, activities, and organisers, with contact information. An outline of your wedding day responsibilities (in the morning, at the church, during the reception, and all points in between) plus tips on how

not to screw things up. A guide to writing a delivering a great speech, including opening lines, jokes, quotes, and more. Ten wedding-day nightmare scenarios to avoid. Guidance on how to dress to impress. All that in one convenient package that also doubles as a terrific prop for the reception speech.

Junior Tennis Betterway Publications

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 Infinity Zone Mansion

Building a Tennis Champion: 30 Things Every Tennis Player, Coach and Parent Must Know If you're a young tennis player, tennis coach or tennis parent, this book is a must read. "Building a Tennis Champion" covers a diverse range of questions regarding young tennis players. If you have ever asked yourself any of the following questions, then this book should be in your hands ASAP. - How often should a young tennis player practice, train and play? - What off court training should a young tennis player do to improve their game? - What to eat, before, during and after training/matches? - How to keep a young player motivated and focused. - Secrets for developing a tennis champion from the Professionals.

Coaching Your Tennis Champion Human Kinetics

Nearly 100,000 youngsters compete yearly in tennis tournaments. The pressure is intense, both for the players and their parents. Net Results explores parental problems, providing a program where parents can help insure their child's success. 16 pages of photos.

The Tennis Parent's Bible Createspace Independent Publishing Platform

In the Complete Player: A Brit and A Texan Navigate the Junior Tennis Journey, Tim and Jeremy describe the important, unique and fun aspects that lead to an enjoyable and long lasting junior tennis journey whatever a player's goals. The book includes stories, philosophies, and best practices Tim and Jeremy learned as high level junior players and now as coaches. Their passion for wanting to see all juniors play tennis and love the journey is the driving force behind this book. In addition, this book has guest chapters from worldwide leading experts on various topics including healthy parent/child tennis relationships, nutrition, proper speed and agility training for tennis, using social media positively, pro player reflections and much more. The guest contributors to the book include Lisa Goodman Stone, Jenny Walls Robb, Dr. Charlotte Alabaster, Dean Hollingworth, Sarah Stone,

David Redding, Cristelle Fox, David Carl, and Sancha Legg. Tim and Jeremy are authors of the published book, *The Complete Coach: A Brit and A Texan Solve the Coaching Puzzle*. They have been featured in *Club Business International* and *Club Solutions Magazine*. They have made frequent presentations for USPTA, PTR, USTA, Tennis Industry Association and International Heath, Racquet and Sportsclub Association.

Teaching Tennis Createspace Independent Publishing Platform
Acclaimed coaches & championship players offer tips & techniques for recruiting, training, conditioning, practicing & playing winning collegiate tennis.

Junior Tennis B.E.S. Publishing

This book on junior tennis speaks not only of my instruction and coaching methods of the game of tennis, but also of my philosophy on how the game of tennis is fundamental to life. When a junior chooses to learn to become a competitive tennis player, I believe he has chosen something that is not only an extremely fulfilling venture in itself, but will also give them a leg up on life. Most all of the necessary elements to a successful life are found in the game of tennis

Coaching Tennis TNT Tennis Academy

As the most successful coach in tennis, Bollettieri has worked with Andre Agassi, Monica Seles, Boris Becker and others. In this book he shares his wealth of knowledge and insight into the world of tennis, with discussions of strategies, stroke development and physical and mental conditioning. 400 illustrations.

The Tennis Drill Book Createspace Independent Publishing Platform

In this best seller tennis book, Carlos Goffi, a world-renowned tennis coach and former coach of John and Patrick McEnroe, offers a unique and proven program for winning. *Tournament Tough* was originally published worldwide in 1984 and recently updated/republished also as a Kindle EBook. Intended as much for parents as for young players, and ALL COMPETITIVE PLAYERS REGARDLESS OF AGE, *Tournament Tough* aims to help each tennis player realize his or her full competitive potential. "There are tennis coaching books that stand the test of time. Bill Tilden's *Match Play* and the *Art of Spin*, Timothy Galway's *Inner Game of Tennis*, Brad Gilbert's *Winning Ugly*, and so does Carlos Goffi's *Tournament Tough: A Guide to Playing Championship Tennis*." www.Elitetennis.org

Junior Tennis Excellence Human Kinetics

See your tennis game as you never have before. See what it takes to improve consistency and performance on the court. *Tennis Anatomy* will show you how to ace the competition by increasing strength, speed, and agility for more powerful serves and more accurate shots. *Tennis Anatomy* includes more than 72 of the most effective exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. *Tennis Anatomy* goes beyond exercises by placing you on the baseline, at the net, and on the service line. Illustrations of the active muscles for forehands, backhands, volleys, and serves show you how each exercise is fundamentally linked to tennis performance. You'll also learn how exercises can be modified to target specific areas, improve your skills, and minimize common tennis injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you're a serve and volleyer, baseliner, or all-court player, *Tennis Anatomy* will ensure that you step onto the court ready to dominate any opponent.

Essential Tennis Createspace Independent Publishing Platform
This book is a manual for working with 10 to 14 year old tennis players. It presents the principles and fundamentals of the International Tennis Federations Performance Tennis Initiative.

This book also presents more than 50 tennis drills and exercises directed to junior tennis players. The drills are presented in a progressive way, by using the criteria of the modern teaching methodology. It also includes practical information on the fundamentals of developing young tennis players: awareness of standards, methodology of training, competitive options, training and competition programmes, talent assessment and talent selection criteria.

System-9: Singles Tactics Human Kinetics

The *S9 Singles Tactics* by Andy Dowsett gives you a Blueprint to identify the patterns of play in singles. These exercises will educate you to read the game of tennis while you are playing the games! After applying the methods over a period of time the ability to unconsciously adapt and apply any strategy based on the educated instinct to tennis. The court becomes your board game! Sven Groeneveld

Complete Conditioning for Tennis, 2E CreateSpace

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.

The Players' Box Penguin Books

Solid groundstrokes, a confident net game, a dictating serve, a sharp return game, and specialty shots for every situation—build your game from the ground up with the techniques and shots that are essential for success in today's versatile and powerful game. Combine that with winning tactics for singles and doubles, and *Tennis Skills & Drills* is your blueprint for taking your game to the next level. Start with assessing the basic techniques for the various strokes and see how you can improve your footwork, grip choices, and swing patterns. Then increase your options with spins, angles, and depth. Complete instruction for all of the strokes along with over 110 practice drills is like having your own personal coach. Since your technique is only as effective as your tactics, the book also covers the key tactical principles and game plans for maximizing your strengths while minimizing your opponent's. You'll learn to prepare for, adapt to, and counter every style of play. Whether your goal is to beat your favorite playing partner or to win the next league, state, or national title, *Tennis Skills & Drills* is your guide to mastering the game.

Tournament Tough Human Kinetics

An innovative and useful term planner for tennis coaches, featuring monthly & weekly diary pages to plan your term lessons, with additional sections for recording performance players periodisation around tournaments. Perfect for planning kids/junior tennis groups through term time. This *Tennis Coach Termly Planner* is all you need for your lessons in one place, incorporating an easy layout for your lesson plans with handy court diagrams to organise your drills. Each journal/planner contains BLANK: * Monthly & Weekly Diary for up to 3 Months * Lesson Plan Forms * Court Diagrams to Plan your Drills *

Periodisation Plans Everything you need in one place!