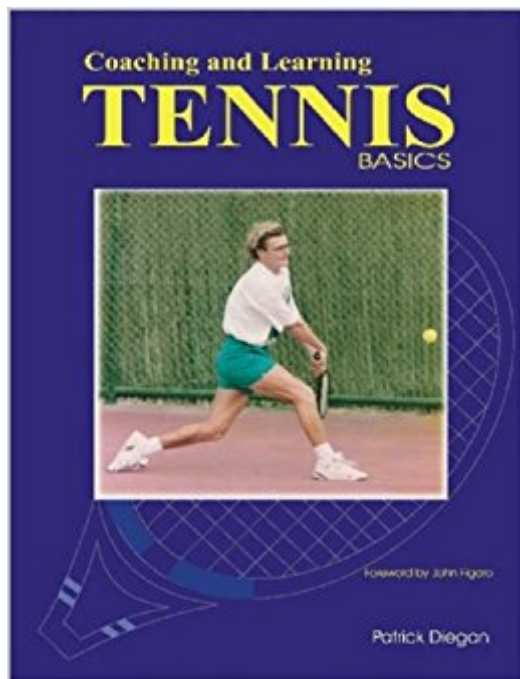


The book was found

Coaching And Learning Tennis Basics



Synopsis

This book is essentially a reference guide that those learning the game can use to support their training, written in a very understandable style. The author introduces the forehand, backhand and serve just like he would in a group situation with a group of beginner juniors. Here Patrick reveals the teaching techniques and progressions that can be followed by parents, aspiring coaches and anyone wishing to help beginner players get off to the right start. He moves on to show how he teaches topspin and slice to an individual and the basic volley. Patrick then subtly takes the reader into sections that intermediate and advanced players can really benefit from. These sections include the return of serve, approach shot, advanced volley and overhead. He moves on to look in depth at shots such as the lob, half volley and drop shot. His sections on fitness and how to prepare for a match will really help those who desire to be ready and compete well on the tennis court.

Book Information

Paperback: 108 pages

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Customer Reviews

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. Beginning: forehand, backhand and and service teaching progressions in a group situation. The volley, topspin, slice and topspin service teaching progressions when teaching the individual. Technique building drills and exercises. Return of serve, approach shot and speciality shot sections. Beginner, intermediate and advanced singles and doubles tactics. Choosing the right style and pre-match preparation. --This text refers to an alternate Paperback edition.

It is very easy to tell that the author of this book is a seasoned tennis player and trainer, and not just a writer who is copying information from one source to another. The author gives step by step instructions that will help both beginners, intermediate and advanced players to improve their tennis moves and skills. Realizing the importance of visual learning, Diegan provides step by step helpful instructions, techniques and moves through illustrations and photographs making them an easy visual reference for aspiring tennis players. The book offers good tips and strategies for players to help them improve their game by going back-to-the-basics. If you are thinking about buying a book to use side by side with your field training, this is it. I strongly recommend buying this book for you or for your loved ones as a gift they will cherish and thank you for.

If I could have only one book to teach or learn the game, this would be it. Patrick uses clear instructions, photographs, and diagrams to give you the basics and beyond. He lays out drills and techniques that will help anyone improve whether a beginning or advanced player. Patrick diagnoses problems and gives the cures. If you are a coach you will appreciate the program Patrick lays out for your team. If you put his plan into action, your players will improve. He helps you diagnose your players' faults and gives the cures. Inspiring photos of tennis celebs, instructive photos of Patrick and his students, and clear descriptions of how to craft every stroke. Basics and beyond...enjoy improving your game or your coaching.

This book was much more than I expected because it wasn't the usual tennis instruction book with the same pictures and same instructions. It went into more depth and approached tennis lessons from the instructor perspective, which really helps. I think you'll be happy with this purchase.

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