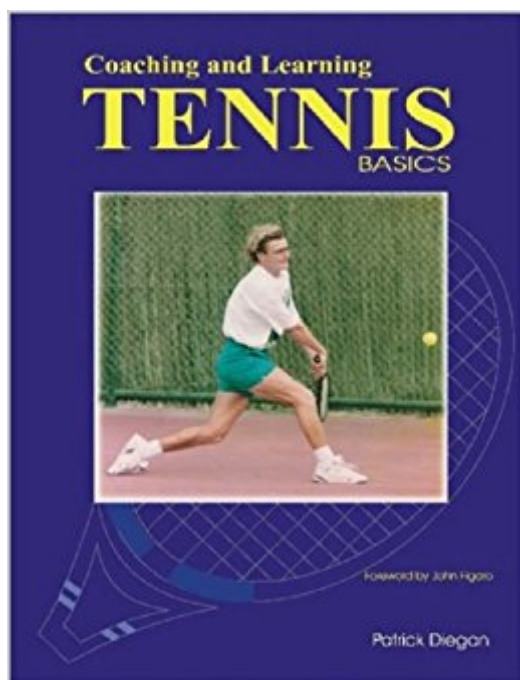


The book was found

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

Publisher: Lulu.com (January 22, 2007)

Language: English

ISBN-10: 1430304154

ISBN-13: 978-1430304159

Product Dimensions: 8.3 x 0.2 x 11 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,451,806 in Books (See Top 100 in Books) #90 in [Books > Sports & Outdoors > Coaching > Tennis](#) #460 in [Books > Sports & Outdoors > Individual Sports > Tennis](#) #552 in [Books > Sports & Outdoors > Racket Sports](#)

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.

[Download to continue reading...](#)

How to Play Tennis: The Complete Guide to the Rules of Tennis, Tennis Scoring, Tennis Grips and Strokes, and Tennis Tips for Singles & Doubles 101 Tennis Tips From A World Class Coach VOLUME 1: A Common Sense Approach to Tennis (101 Tennis Tips From A World Class Tennis Coach) Tennis: Top 5 Strategies How to win more matches, How to Play Tennis, Killer doubles, Tennis the Ultimate guide (Tennis Strategies How to win more matches Book 1) Coaching and Learning Tennis Basics Coaching Tennis Successfully - 2nd Edition (Coaching Successfully Series) Coaching Youth Tennis - 4th Edition (Coaching Youth Sports Series) Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Life Coaching: Life Coaching Blueprint: Save a Life One Person at a Time (Bonus 30 Minute Life Coaching Session - How to Motivate,

Inspire, Change Your Life) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) The Tennis Schema: Tennis Fundamentals, Forehand, and One-handed Backhand Tennis The U.S. Open 2018 Wall Calendar: The Official Calendar of the United States Tennis Association Tennis For The Rest Of Us: A Practical Guide For The New, Nearly New, Newly Frustrated Or Nearly Discouraged Tennis Player Tennis The U.S. Open 2017 Wall Calendar: The Official Calendar of The United States Tennis Association International Book of Tennis Drills: Over 100 Skill-Specific Drills Adopted by Tennis Professionals Worldwide Tennis Strategies: The Top 100 Best Things That You Can Do to Greatly Improve Your Tennis Game The Ultimate Guide to Weight Training for Tennis (Ultimate Guide to Weight Training: Tennis) The Tennis Drill Book (Tennis Drill Book, Paper) The Tennis Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Tennis Court Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis The Art of Coaching High School Tennis 2nd Edition: 88 Tips, Tricks, Skills and Drills for a Magical Season

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)