

101 WAYS TO HAVE FUN WITH A TENNIS BALL..

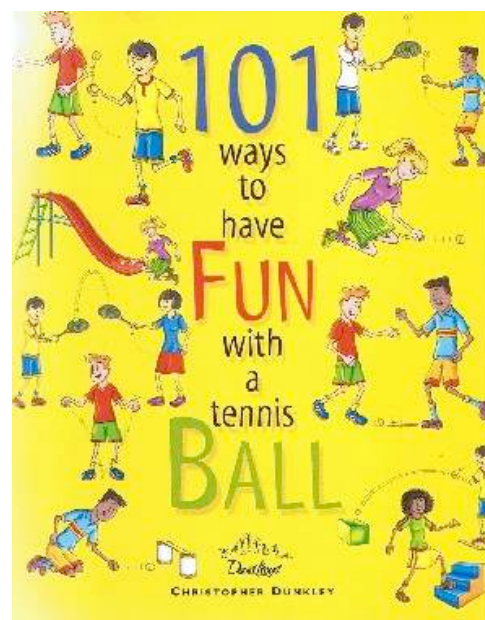
We all know that if our pupils possess good motor skills, teaching them tennis suddenly becomes a whole lot easier.

A coach based in Britain, Chris Dunkley, has written “**101 Ways To Have Fun With A Tennis Ball**”, a very useful book in several ways. The book is specifically written for and aimed at children aged five to ten years. It’s very colourful, with lots of illustrations.

Coincidentally I have two boys in the target age range, so I gave them the book and waited to see what would happen.. The games immediately appealed to them, and they were off looking for boxes and buckets and plastic bottles to use as targets for throwing and catching games. As the title suggests, there are over 100 such exercises in the book, enough to guarantee the variety children love so much.

I can see three ways in which this book is effective

- For a coach who wants to broaden his or her cache of coordination/motor skills exercises.
- For a parent who wants to guide his or her child's motor skill development programme.
- For a child who wants to have some good old fashioned fun!



I think you would be doing your 5-10 year old students, *and their parents*, a big favour if you were to provide each of them with a copy of this book. Parents are often unsure how to help their children, and this book is a very valuable resource in that context. You would also do yourself a favour, because with the children improving their skills at home, your job is going to become easier! One possibility is to factor the price of the book into the cost of a term's coaching, and present each player with a free copy of the book on the first day of term.

One copy costs £4.99, plus £3 post and packaging. For five or more copies, post and packaging is free. To order, email books@fingerprint.uk.com, or telephone 0044 170 732 2996.