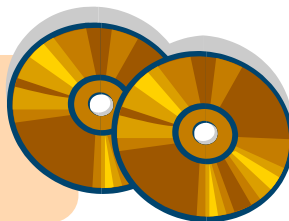


DVD OF THE MONTH (January 2009)



Rob Antoun (left) is the author of the highly regarded book '*Womens Tennis Tactics*', while his partner **Dan Thorp** (right) is qualified at the highest level with the LTA, and works in coach education for the governing body.



These two highly experienced coaches have now produced a DVD called '**20 Core Drills for Tennis**'. This DVD is a great resource for

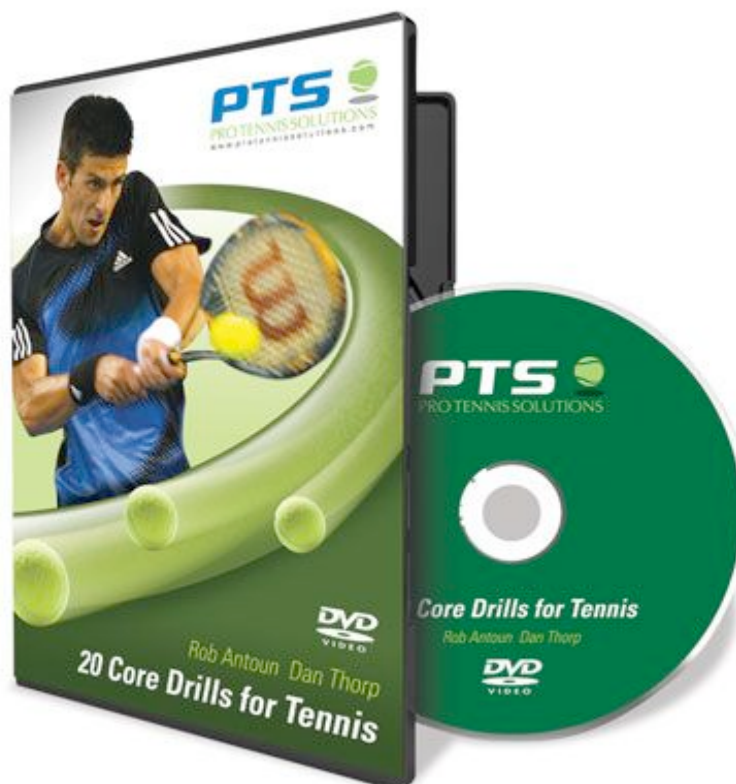
coaches working with intermediate and advanced level players. It does exactly what it says on the tin – providing 20 drills with the emphasis on live ball situations but with some useful basket feed drills thrown in for good measure. As always with drill resources, an innovative coach can easily progress and regress the drills illustrated, to quickly end up with 50 or 60 new drills based on the 20 illustrated.

CHAPTER HEADINGS:

Session Starters
Baseline – build and attack
Baseline – defend and counter
Serve and return
Net play.

I like the idea of 'core drills' because they help players to really understand and master the most important serve and groundstroke patterns in singles play. Mastering these patterns will stand a player in good stead when the chips are down in serious matchplay.

I highly recommend this very professionally produced resource. To purchase at a price of £19.95, go to the authors website <http://www.protennissolutions.com>. Incidentally, this is a site you really should bookmark on your computer, as there are some great articles of interest to coaches – for free!



'Thanks a lot for the impressive DVD - it will be of good use to us in the future.'

Christer Sjoo, Coach Education Director at the Swedish Tennis Association