

COACHING TENNIS Technical and Tactical Skills

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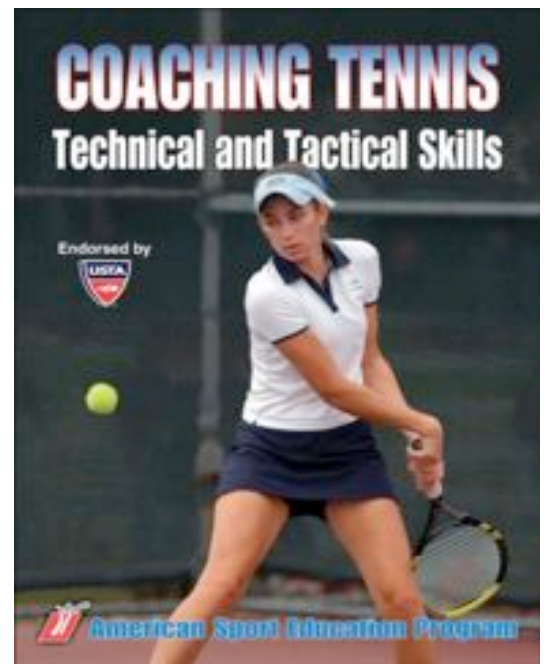
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All tennis coaches need a solid grounding in technique. We must be able to look at our pupils in action and evaluate what they are doing well and not so well. Only then can we give advice on what the player needs to change in order to improve. But tennis techniques are constantly evolving, and what was good advice a few years ago may not necessarily be so relevant today.

This is where **‘Coaching Tennis Technical and Tactical Skills’** will prove invaluable to many coaches. Just published and therefore bang up to date, this book takes us through technical details on all the main shots with photos of the key moments on each stroke. Shots are discussed in detail under the headings of **Preparation, Grip, Stance, Backswing, Contact Point, Spin, Follow Through and Recovery**. There is a wealth of solid and practical information under each of these headings. A list of *‘Common Errors’* and advice on how to correct them is included for each and every stroke.



There are also comprehensive sections on footwork, grips and the ball controls, singles and doubles tactics and how to teach effectively. Most tennis books are written as much for players as for coaches, in order to appeal to the widest possible market. But, as the title suggests, this book is aimed squarely at those who teach the game, and so contains the level and detail of information that we need in order to become better coaches.

The backswing for the two-handed backhand groundstroke has three variations, depending on the racquet head position at the end of the backswing. The first is the loop backswing, in which the racquet head is cocked up before dropping below the contact point and swinging forward. The second backswing variation is with the racquet parallel to the ground, and the third is the low, straight backswing that positions the racquet below the contact point immediately during the backswing.

" Coaching Tennis Technical and Tactical Skills is one of the best books I've ever read on the subject, and it's one I enthusiastically recommend to any tennis coach who is serious about coaching. Kudos to Kirk for providing coaches with keen insights that will spell success immediately on the court."

Patrick McEnroe - U.S. Davis Cup Captain.