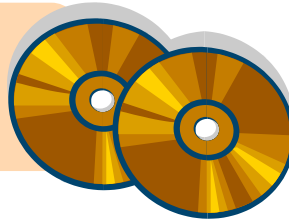


CR-ROM OF THE MONTH



Rob Antoun

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

These two top coaches have combined their experience to produce a very useful CD-ROM called *Coordination and Movement for Tennis*. As coaches, we know that if we can help develop a players coordination and movement, teaching them tennis will be a whole lot easier.



We can never have enough exercises and options to keep players interested and motivated when working on these areas. This is where this new resource comes up trumps. There are a range of activities, split into four sections, which could be used in group or private lessons:

- body cordination
- hand/eye coordination
- speed and speed agility
- tennis specific coordination.



Dan Thorp

Within each section there are recommended exercises, detailed exercises, and a list of teaching points. Crucially, each exercise is illustrated with a video clip – there can be no misunderstandings about exactly how an exercise should be performed.

I highly recommend this very professionally produced resource. To purchase at a price of £17.95, 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!