

DVDs of the Month

Pat Etcheberry DVD Series

This is the real deal! We hear lot about coaches who have supposedly worked with this player and that player, but to be honest I am sometimes a little sceptical about how much actual court time some of these coaches have really put in with the player in question..

However, when you see former world number one players paying tribute on camera to someone who they say has helped them hugely, and when you see the coach actually working on court with these same players, then you know you are dealing with the genuine article.

This is the case with **Pat Etcheberry**, who is perhaps not as well known on this side of the Atlantic as he should be.

His DVD series, which focuses on crucial movement and fitness aspects of modern tennis, shows him talking movement training with players such as **Jim Courier** and **Justine Henin**. It then goes on to show exactly what exercise regimes he took these players through, using the former world number ones on court to demonstrate the exercises.



There are two editions of this four DVD set – one for players and one designed for coaches. The difference is that the coaches edition includes an extra 40 minutes of footage where Etcheberry addresses specific coaching issues related to his programme, designed to help us implement the exercises in the most efficient fashion.

I think that this DVD series is a `must view` for any coach who really wants to prepare his or her players thoroughly for competitive tennis.

DVD 1: SECRETS TO A SUCCESSFUL START, includes - evaluating fitness levels, warm up exercises, self tests, cross training drills, coaches clinic.

DVD 2: MOVEMENT ON THE COURT, includes – movement drills, “first step” drill, cardiovascular drills, reducing injury risk, coaches clinic.

DVD 3: TRAINING FOR POWER AND ENDURANCE, includes 27 drills and exercises, insights from the pros, coaches clinic.

DVD 4: SPECIAL BONUS VIDEO (free if you purchase Volumes 1, 2 and 3 together), complete interviews and workouts with Henin and Courier as well as other well known players and coaches.

To see excerpts from the DVDs and purchase them, have a look at Etcheberrys website <http://etcheberryexperience.com>.