

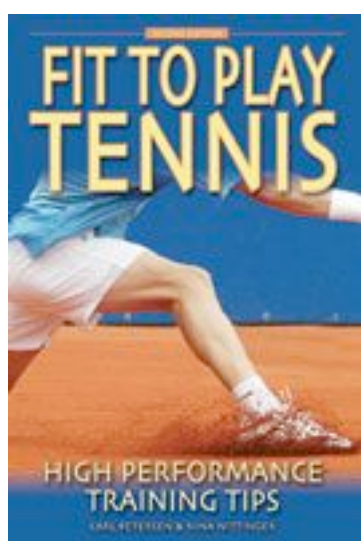
BOOK OF THE MONTH.

FIT TO PLAY TENNIS: High Performance Training Tips

(2nd Edition) ISBN # 0-9722759-5-9.

New edition of the Sports Training book by Carl Petersen and Nina Nittinger.

This is the most comprehensive book I have read on the subject of fitness for tennis. Both authors have a string of letters after their names, and once you begin to read the book you quickly appreciate that you are in the company of real experts. There are also chapters in the book written by well known coaches such as Louis Cayer and Josef Brabenec, as well as experts in various fields to do with psychology, nutrition, optometry – and just about any other subject which impinges on the development of a player!



The contents of this book are too many to list fully here. Highlights include: Balance Training, Visual Fitness, Tennis Nutrition and Hydration, Footwear for Playing and Training. But this really only scratches the surface of a book which I would suggest should be required reading for all coaches.



Decisions and executions get more difficult as a players technical and tactical skills advance. A beginner is predominantly concerned with how to hit the ball. An intermediate player combines how

to hit a stroke with where to place the ball. A tournament players knowledge of how to hit the ball is usually automatic; the decision of where to hit is 80% accurate. The problem they face is when to hit a particular shot.



TO PURCHASE: go to: www.citysportsphysio.com or www.amazon.co.uk.

"A book every coach should have". Tennis Professionals Association (Canada)

"This book is well organized and comprehensive". Marlene Nobrega, therapist to ATP/WTA Tour players.

"... this book will prove a fascinating and informative read". ACE Tennis Magazine.

"This is a solid book that contains information on several areas where coaches and players may not have received much information previously". USTA.

You can read an extract from this book in `On The Line` magazine issue 3 – free download from www.tica.ie.



Co-authors Petersen and Nittinger