

DVDs OF THE MONTH



Carl Petersen has produced, in tandem with former pro player Nina Nittinger, an outstanding series of DVDs focusing on physical training for tennis. Carl is a physiotherapist and fitness coach for players ranging from juniors to professionals on the men's and women's tours.

The **'FIT TO PLAY'** series covers in great detail many aspects of how to bring players to their physical peak. There are several things I liked about how Carl achieves this on the DVDs. Firstly, he includes games and exercises which players of all levels will find it fun and enjoyable to do. Secondly, the exercises are all shown being done on a tennis court, and much of the equipment used will already be in the boot of most coaches cars... I especially liked the simple, practical and fun exercises on the **'Agility, Balance and Coordination Drills'** DVD.

But in my opinion the greatest benefit of investing in this series of discs is that, having seen the exercises performed correctly, under Carls guidance, you can be sure that you are instructing your players in the correct way. Many of the exercises illustrated would be difficult to explain in writing, with the possibility that a coach would implement the exercise incorrectly. This could result in the opposite effect than that intended! It's a *'picture is worth a thousand words'* situation – these are DVDs you will refer to again and again – really well worth purchasing.

Go to www.fittoplay.com for full details of how to add this series to your coaching resource library.

