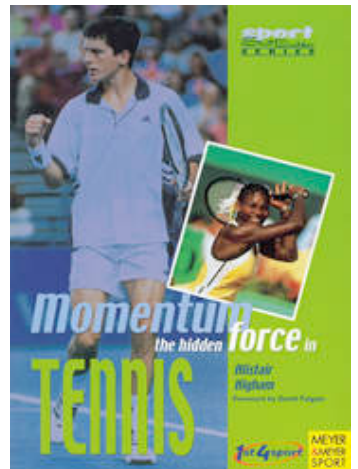


MOMENTUM – THE HIDDEN FORCE IN TENNIS by ALISTAIR HIGHAM.

A good tennis player can almost instinctively “feel the flow” of a match and react accordingly. The whole area of the flow of a tennis match is the subject of **“MOMENTUM – THE HIDDEN FORCE IN TENNIS”**, a book by the highly regarded UK based coach Alistair Higham. It is the first and only book I have seen which goes into detail on this fascinating subject, and one from which I think coaches will pick up a lot of valuable information on how to help our pupils cope with, and indeed thrive on, the ups and downs of matchplay.



Higham breaks down the momentum of a match into five different stages:

- When Momentum is **Totally With You**
- When Momentum is **With You**
- When Momentum is **Neutral**
- When Momentum is **Against You**
- When Momentum is **Totally Against You.**

He then goes into detail on what a player should do in each of these situations, and why. There are plenty of real life examples, and a final chapter which deals specifically with the link between **‘Momentum and Coaching’**.

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The book is published by **Meyer and Meyer Sport**, and you can buy it from their website www.m-m-sports.com. Meyer and Meyer are an innovative company, who obviously intend to remain at the forefront of the digital revolution, because in addition to selling the book in paperback format, you can also download it as a PDF document to keep on your computer or print as and when required.

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