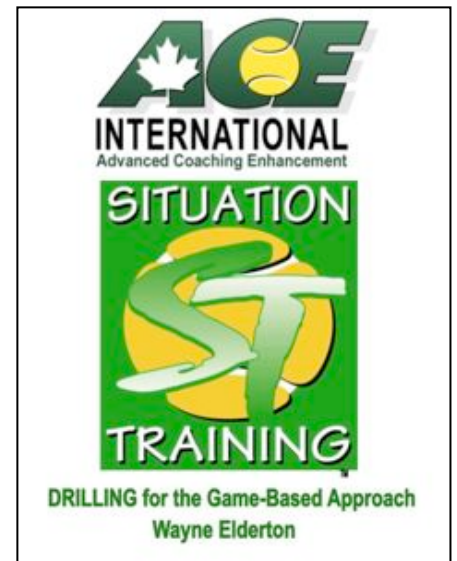


BOOK/DOWNLOAD OF THE MONTH

Drilling For The Game Based Approach

The Game Based Approach is widely regarded as the most efficient and effective way to help players progress in the game. `Drilling For The Game Based Approach` by Wayne Elderton is the first manual I have seen to set out a comprehensive method by which coaches can integrate high quality and relevant drills into GBA teaching.

“The purpose of this manual is to help coaches understand the `What` and `How` of drilling in a Game Based Approach. Coaches face many challenges when it comes to drilling, including getting the appropriate repetition on important skills, training in a realistic way, learning tactics as well as techniques, creating drills and maximizing use of time”.



The emphasis in this 80 page manual is on **how to create drills from situations that players will actually find themselves in during matchplay**. This has obvious benefits for the player, and contrasts with many drills that are `out there`, but unfortunately bear no relation to reality in terms of how the game is played. This is a very comprehensive publication, **written specifically for coaches**. It contains much food for thought for any coach who wants to create and develop effective drills for his or her pupils.

CHAPTER HEADINGS:

Situation Training
S.M.A.R.T. Goal Setting for Drills
Drill Structure
Feeding
Decision Making in Drills
Sample Drills

To purchase a copy of `Drilling For The Game Based Approach`, please visit

<http://www.acecoach.com/main/manuals/>.

A hard copy of the book costs 33 Canadian dollars (about €21) while downloading it straight to your computer as a PDF file costs 25 Canadian dollars (about €16).

Before purchasing you can also read some sample pages at the web page address above.



AUTHOR: **Wayne Elderton** is acknowledged as one of Canada's leading coaches. He is Head of Tennis Canada Coaching Development and Certification in British Columbia. In this role, he has provided coaching training to over 1500 coaches. He is a main contributor to the Tennis Canada Coaching Certification program and has also written articles and coaching materials for the PTR, Tennis Corporation of America, Tennis Coaches Australia, and the International Tennis Federation. Wayne has been coaching since 1978 and has a wealth of recreational, club, provincial, national, and international experience.