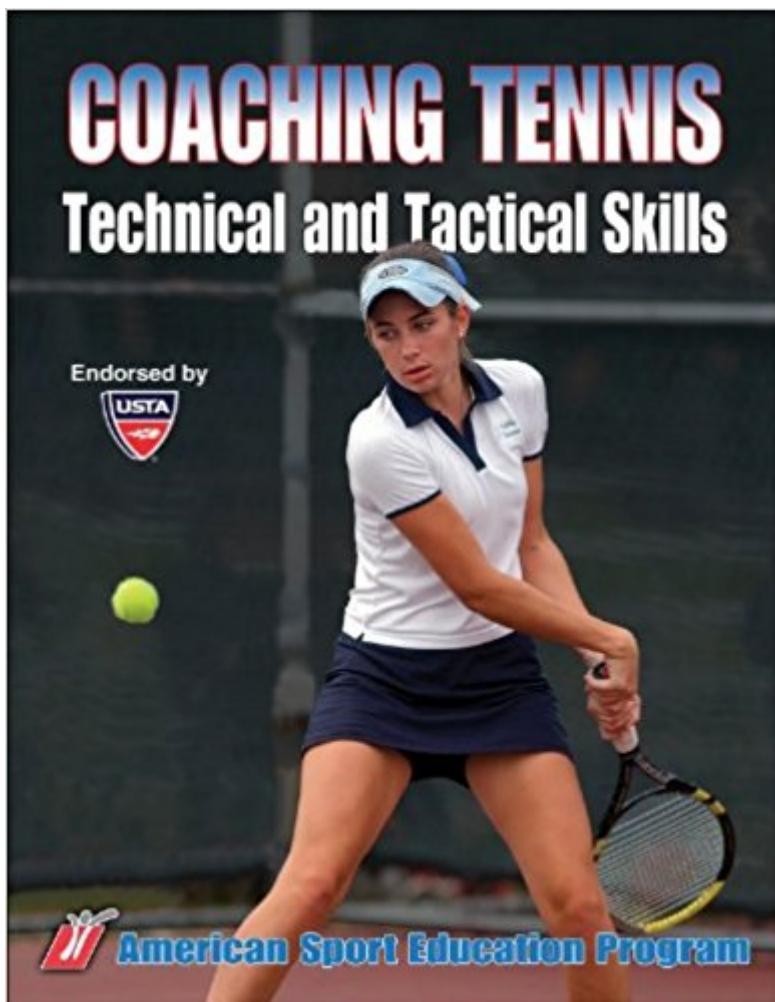


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# Coaching Tennis Technical & Tactical Skills



## Synopsis

Coaching Tennis Technical and Tactical Skills is a practical resource that will help you become a better high school, club, or college tennis coach. With the expert guidance of Kirk Anderson, director of recreational coaches and programs for the United States Tennis Association (USTA), you'll learn coaching and evaluating skills and then focus on technical and tactical skills of tennis, including quick tips on detecting and correcting errors in your athletes, cues athletes need to be aware of in various tactical situations, and key information your athletes need to know in order to make the appropriate decisions on the court. Skills are cross-referenced so you can see how they relate to each other and quickly determine how to use them in practice situations. Whether you are a veteran coach or just a beginner, this book will help you take your coaching to the next level by providing you with the tools you need to teach athletes the game of tennis. The American Sport Education Program (ASEP) is the leading provider of youth, high school, and elite-level sport education programs in the United States. Through its high-quality and easy-to-use programs, ASEP has educated more than 1.5 million coaches, officials, sport administrators, parents, and athletes. For more than 25 years, local, state, and national sport organizations have partnered with ASEP to lead the way in making sport a safe, successful, and enjoyable experience for all involved.

## Book Information

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## Customer Reviews

"Coaching Tennis Technical and Tactical Skills is essential reading for tennis coaches. It's all here in this comprehensive resource: teaching and evaluating technical and tactical skills for singles and doubles tennis, planning for the season and individual practices, preparing for matches, and

communicating with players. Content expert Kirk Anderson is one of the best teachers and tacticians of the game of tennis, and in this book he's passed along his experience and expertise in a format that's easy to read and implement. I highly recommend it to new and experienced coaches."Dick GouldThe John L. Hinds Director of TennisStanford University"Coaching Tennis Technical and Tactical Skills is one of the best books I've ever read on the subject, and it's one I enthusiastically recommend to any tennis coach who is serious about coaching. Kudos to Kirk for providing coaches with keen insights that will spell success immediately on the court."Patrick McEnroeU.S. Davis Cup Captain

Kirk Anderson, who is the United States Tennis Association's director of recreational coaches and programs, started playing competitively when he was a sophomore at Parchment High School in Parchment, Michigan, a suburb of Kalamazoo. He attended Western Michigan University in Kalamazoo and graduated with a major in physical education. Kirk spent 12 years as a club professional in Michigan in Holland, Battle Creek, and Kalamazoo and one year as a resort professional in Hawaii. Along the way he returned to Western Michigan University and earned a master's degree in exercise science. In the mid-1980s, Anderson joined the Midwest Tennis Association and became the schools director in Springfield, Ohio, where he remained for six years before moving to Atlanta to work for Penn Racquet Sports as its promotions manager. He then joined the United States Professional Tennis Association as its director of education, a post he held for two years before coming to the USTA in 1996 as the manager of the Play Tennis America program. But throughout his journey within the tennis industry, this premier tennis teacher has never stopped learning. Kirk is one of only a handful of tennis teaching pros worldwide who are designated as master professionals in both the Professional Tennis Registry and USPTA. And Anderson's goal to become the best tennis teacher possible was recognized in 2003 when the International Tennis Hall of Fame honored him with its Tennis Educational Merit Award. Anderson, who lives in New Fairfield, Connecticut, frequently is a featured presenter, both on court and off, at industry conventions. And he is one of the codirectors of the USTA Tennis Teachers Conference, the annual gathering held at the beginning of the US Open that attracts hundreds of teaching pros from the United States and around the world. In 2006 the TTC drew nearly 750 attendees, the largest number since 2001. Kirk also is in charge of the on-court activities for the yearly Arthur Ashe Kids' Day, which takes place at the USTA Billie Jean King National Tennis Center on the Saturday before the US Open begins. In 2005 more than 33,000 kids attended the event. In his role as USTA director of recreational coaches and programs, one of Anderson's key initiatives is

the Recreational Coach Workshops ([www.usta.com/coaches](http://www.usta.com/coaches)), which involve parents and other volunteers in teaching and coaching players at the recreational level. This national program, presented in cooperation with the United States Professional Tennis Association and Professional Tennis Registry, offers training to help develop recreation coaches. Both the PTR and the USPTA praise Anderson for his leadership in the QuickStart Tennis format that uses slower balls, lower nets, smaller courts, shorter rackets, and modified scoring for children ages 10 and under. The United States Tennis Association (USTA) is the national governing body for the sport of tennis and the recognized leader in promoting and developing the sport's growth on every level in the United States, from local communities to the crown jewel of the professional game, the US Open. Established in 1881, the USTA is a progressive and diverse not-for-profit organization whose volunteers, professional staff, and financial resources support a single mission: to promote and develop the growth of tennis. The USTA is the largest tennis organization in the world, with 17 geographical sections, more than 750,000 individual members and 7,000 organizational members, thousands of volunteers, and a professional staff dedicated to growing the game. The American Sport Education Program (ASEP) is the leading provider of youth, high school, and elite-level sport education programs in the United States. Rooted in the philosophy of "Athletes first, winning second," ASEP has educated more than 1.5 million coaches, officials, sport administrators, parents, and athletes. For more than 25 years, local, state, and national sport organizations have partnered with ASEP to lead the way in making sport a safe, successful, and enjoyable experience for all involved. For more information on ASEP sport education courses and resources, call 800-747-5698, visit [www.ASEP.com](http://www.ASEP.com), or look inside this book.

Above average, provides basic coverage of a very complex skill - Tennis Coaching.

I love this book. It breaks down each stroke and explains all elements of the stoke and areas to look for to improve stroke development. Illustrations are excellent. I would recommend to all high school and beginning tennis coaches who want to get great information to pass to their students.

Good material, not just for coaching, I've chosen this book for its informative guideline to correct and adjust my game on the court. I chose this book expected that it would be like most of the tennis titles, but it rendered more knowledge and improves my play than any other tennis book I have so far. I'm just a moderate tennis player.

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