

Coaching Youth Tennis (4th New edition)



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Reviews

It is really an remarkable book which i have ever go through. It can be writer in simple terms and not difficult to understand. I am just effortlessly can get a enjoyment of reading a composed pdf.

(Dr. Lily Wunsch II)

COACHING YOUTH TENNIS (4TH NEW EDITION)



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Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Coaching Youth Tennis (4th New edition), ASEP, Written by the American Sport Education Program (ASEP) in conjunction with Kirk Anderson, director of recreational coaches and programs at the United States Tennis Association (USTA), this fourth edition of "Coaching Youth Tennis" offers you baseline information every coach needs on coaching philosophy, communication, and safety. It also provides you with step-by-step instructions for executing and teaching the basic technical skills and the tactical aspects of singles and doubles tennis. The book begins with a baseline introduction to coaching philosophy, communication, and safety. It then turns to sport-specific skills, such as racket and ball-handling skills and stroke skills based on the area of the court each is played. Information on coaching matches and developing season and practice plans for tennis players is provided, as well as an activity finder that brings over 30 activities contained in the book into one section with page numbers for easy reference. Also included are 30 coaching tips, as well as an expanded chapter on rules and equipment presents new youth modifications adopted by the USTA in September 2007. The official handbook of USTA Jr. Team Tennis, "Coaching Youth Tennis" serves up coaching know-how that's sure to be a winner with you and your players. The book is an ideal resource for new and inexperienced coaches as well as for parents of youth tennis players. In addition, sport administrators and staff at park districts and other youth tennis organizations and facilities will find it a valuable resource to use and share with their youth coaches.



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