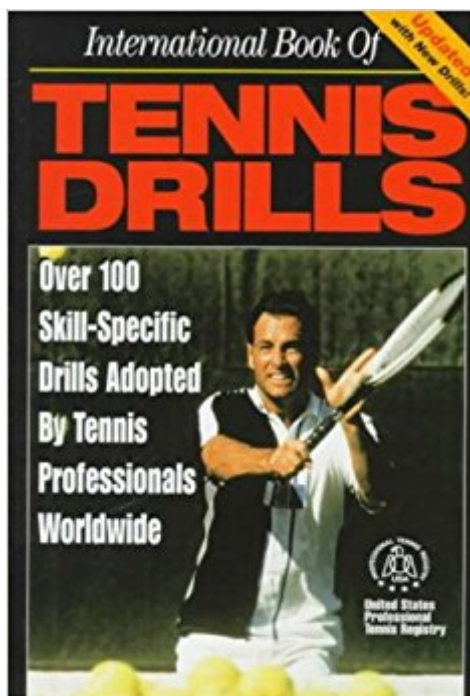


The book was found

International Book Of Tennis Drills; Over 100 Skill-Specific Drills



Synopsis

The US Professional Tennis Registry is a nonprofit organisation dedicated to educating, certifying and servicing tennis teaching professionals and players throughout the world. This is their compendium of the most popular tennis drills.'

Book Information

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Customer Reviews

When I bought this book I was hopeful that the chapter on the Ball Machine drills would help me to use my new ball machine more efficiently. I was disappointed by the fact that the chapter was geared for more than one player and the machine, rather than just one player and the machine. I believe that most of the drills can be revised so that they work with just one player, but it didn't really contain what I was looking for. I didn't feel there was that much value added to when I go out with the machine before reading this book.

While I agree with the other reviewer who said that the drills were tailored to a clinic setting, I have found that many of the drills can easily be adapted to as few as two people. The value in the book is in learning the concepts that each drill is meant to teach. If you need work on a particular part of your game, there is most likely a drill that can help you. The book explains each drill in text and with a clear diagram of how the drill should be conducted (where players should be positioned, where the balls should be hit). The text portion also gives variations on the drill that can be used depending on the skill level of the players. It gives suggestions on how to make it easier for less advanced players, and suggestions for making it more challenging for more advanced players. I teach clinics,

so it's obviously a good reference for me to keep my clinics fresh, but I also refer to it for my own practice with my mixed doubles partner. The overall content of the book is excellent, but having read through most of the drills, I've found portions where the editing fell short. There were a couple of drills where the text portion didn't match the diagram, and it looked like the description was for a different drill. But overall, the information in this book is extremely useful. Of all the tennis books I have, this is the one to which I refer the most.

This book is a comprehensive, easy-to-read list of drills for all levels. The pictures and clear directions simplify my coaching and serve as an invaluable resource on the fly! Buy this book if you don't have oodles of extra time to read fluffy descriptions and just need creative basic drill ideas to serve as a backbone for your practices.

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