



Coaching Youth Tennis (4th New edition)

By ASEP

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...



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Reviews

Very helpful to all type of individuals. It really is rally interesting through looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- **Tyshawn Brekke**

The publication is easy in read through preferable to fully grasp. It is writter in simple phrases instead of hard to understand. You will not sense monotony at at any moment of your respective time (that's what catalogs are for concerning if you request me).

-- **Kevin Bergstrom Sr.**