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Coaching Youth Tennis - 4th Edition (Coaching Youth Sports Series)



Synopsis

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.

Book Information

Series: Coaching Youth Sports Series

Paperback: 192 pages

Publisher: Human Kinetics; 4 edition (May 21, 2008)

Language: English

ISBN-10: 0736064192

ISBN-13: 978-0736064194

Product Dimensions: 7.1 x 0.5 x 9.9 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,511,966 in Books (See Top 100 in Books) #94 in Books > Sports & Outdoors > Coaching > Tennis #137 in Books > Sports & Outdoors > Coaching > Children's Sports #476 in Books > Sports & Outdoors > Individual Sports > Tennis

Customer Reviews

USTA Jr. Team Tennis is the largest youth tennis league in the country, helping girls and boys ages 6 to 18 get in the game, get on the court, and have a good time. Teams are coed and made up of at least six players (three boys and three girls) based on similar ages and skill levels. The emphasis is on skill development, fun, teamwork, and friendly competition, all with the possibility of advancing to the national championship. Tennis is a sport individuals can play for life, and Jr. Team Tennis lays the foundation for a lasting relationship. 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 700,000 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) has been developing and delivering coaching education courses since 1981. As the nation's leading coaching education program, ASEP works with national, state, and local youth sport organizations to develop educational programs for coaches, officials, administrators, and parents. These programs incorporate ASEP's philosophy of "Athletes first, winning second."

I coach a high school tennis team, and this has some good tips.

This book was adequate for explaining the rules of the game and providing a structure to frame a new league tennis coach's plan for the season, but contained very limited information on "how to teach tennis to kids." I am a father teaching tennis to my three children (ages 10, 8 and 6). I was looking for a resource to provide me ideas, games and concepts to teach the game correctly to my kids in fun environment. This book didn't give me anything I can use.

This book is a good start for beginner coaches getting into the industry. Pros interested in rearing more competitive youngsters need to consider more that are not in this book. If you are starting to coach, this is a good book to start with. If you have some experience already with coaching children and adolescents, this book may be a little elementary with mostly review pointers.

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