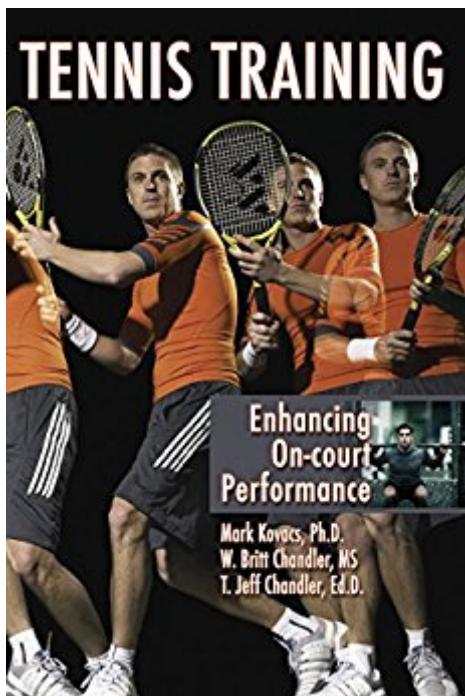


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# Tennis Training: Enhancing On-court Performance



## **Synopsis**

Filled with action photographs to illustrate the exercises and techniques, this book distills contemporary scientific research into easily accessible principles for designing and implementing tennis training programs. Sample programs provide a highly targeted, efficient, practical, and individualized framework for every competitive level, including junior, collegiate, professional, adult, and senior. Science is brought to the court with clarity and precision, informing and transforming on-court performance.

## **Book Information**

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## **Customer Reviews**

With most of these very specialized books, knowing the reviewer's background (me) is critical in understanding the review. I am a tennis coach both private and high school and I have been doing it for about 5 years. This book is phenomenal for just about everything I want to do on the court. I had picked up via other books or word of mouth or other coaches, most of what was in this book but nowhere was it all packaged in a single handy reference. I had checked this out of the library but once read, I promptly bought it for my kindle. From nutrition to non-static warm up exercises to on court drills this book covers it. A must have for any coach hoping to make their planning

easier/simpler.

If you're a beginning coach i think this book could really help. But if you're already a student of strength and conditioning - especially biomechanics - you really have no need for this book. It's written in an easy-to-read manner but breaks no new ground regarding the technical aspects of tennis training. I respect the way it is laid out, and I have lots of respect for the author, who, based on his education and experience, probably had a hard time trying to write something more for the masses. Based on Kovacs's pedigree I just expected something geared more toward strength professionals instead of weekend coaches. If you're the former, you should find something more extensive. If you're the latter, this will be perfect for you.

Very good book. I'm a Certified Personal Trainer and as a CPT I appreciate fitness literature that is well-sourced and referenced. This book meets those criteria. The information and training suggestions found in the book are backed up by scientific literature, directly referenced. I'm not a tennis player, but am an avid racquetball player. As tennis and racquetball movements are closely related (yes, they're not exactly the same, but many are similar), I found the workout suggestions in this book highly applicable to racquetball, and have incorporated many into my workout routine. I would suggest this book for any racquet sport player.

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