



Tennis Course, Volume Two: Lessons and Training

Deutscher Tennis Bund

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This book progresses beyond the basics covered in Tennis Course, Volume One and presents the techniques of tennis training from an instructor's point of view. It can be used as an instruction manual in tandem with Volume One, or used alone to instruct players who already have knowledge of the basics. The book offers useful advice to players at all levels of competence. A straightforward text, enhanced with 79 full-color photos and 149 instructive line illustrations, covers a variety of topics of special interest to tennis players and instructors, including: basics of tennis instruction, methods of instruction for different target groups, performance requirements as a basis for training, training methods to develop coordination, psychological basics, and much more. Players and coaches get some understanding of the general training and physical conditioning required for high-level achievement in the game. Training and competition plans are presented for the benefit of players at all levels.

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