



Coaching Your Tennis Champion: The Progressive Plan For Success

David Minihan

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Get a head start in developing young players with Coaching Your Tennis Champion. QuickStart Tennis, the play format now used by the United States Tennis Association for junior tennis players, is explained with easy-to-follow instructions, tennis court diagrams, and photos. Make the most of valuable court time with innovative tennis lesson plans created by a respected tennis instructor. Exclusive day-by-day progressive lesson plans covering 70+ games and tennis drills. The lessons are customized and grouped for players ages 5-7 and ages 8-10. Use a lesson as is, or easily adjust it for your players' needs. All activities are labeled with approximate completion times to help you budget tennis teaching sessions. Lesson games and drills focus on motor skills, strokes, game rules, and point play. Plus! 30 additional games and drills to enliven your lessons and keep your students coming back. Big time-saver for teaching professionals. Fun know-how for volunteer coaches and parents.

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