



Science of Coaching Tennis

Jack L. Groppe, James E. Loehr, D. Scott Melville, Ann M. Quinn

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This book combines the sport sciences of biomechanics, motor learning, exercise physiology, and sport psychology into one comprehensive volume. Every tennis coach can benefit from techniques designed to help them increase players' speed and improve reaction time, evaluate players' strengths and weaknesses, correct players' performance problems, maximize the effectiveness of drills and practices, scout opponents to better coach their players during competition, and help their players develop competitive mental attitudes.

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