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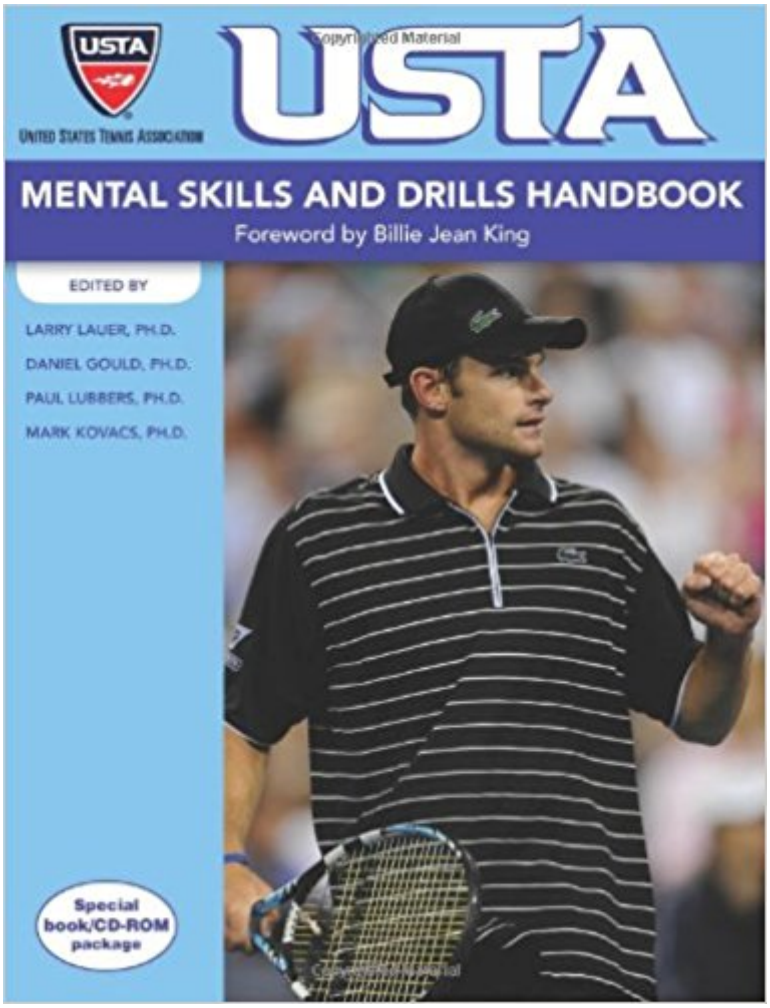
USTA Mental Skills And Drills Handbook



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Synopsis

In this ground-breaking new book and CD from the USTA, coaches, parents, and players of all levels of skill will discover critical drills, activities, and on- and off-court coaching strategies to develop the mental-toughness skills which are so critical to the sport of tennis. Covers player commitment and self-regulation, goal setting, motivation, stress management, concentration, imagery, confidence, sportsmanship and character building, and much, much more. This must-have reference is destined to become one of the most important and necessary works in the mental preparation of tennis players.

Book Information

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Customer Reviews

The USTA Mental Skills and Drills Handbook is a must for the serious tennis coach. --Bob Weinberg, Ph.D. Professor at Miami UniversityThis book is a phenomenal resource that provides practical, easy-to-implement drills and exercises to help coaches optimize their players mental skills development. --Miguel Crespo, Ph.D. International Tennis FederationThe USTA Mental Skills and Drills Handbook is a must read for every serious player, parent, and coach. This book gives them exactly what they have been looking for the best of sport psychology in one place that is well organized, easy to understand, and easy to apply to the court. Coaches will have at their fingertips practical drills to teach confidence, motivation, and relaxation. --Dick Gould, Director of Tennis at Stanford University, 17 National Team Championships

Larry Lauer, Ph.D.Larry Lauer is the director of coaching education and development in the Institute

for the Study of Youth Sports (ISYS) at Michigan State University. He heads a performance-enhancement consulting company, Championship Performance Consulting. Lauer received a Ph.D. in exercise and sport science, specializing in sport psychology from the University of North Carolina at Greensboro in 2005. Daniel Gould, Ph.D.Daniel Gould is the director of the Institute for the Study of Youth Sports, a professor in the department of kinesiology at the Michigan State University, and presently serves as vice chair of the USTA Sport Science Committee.Paul Lubbers, Ph.D.Paul Lubbers has been involved in tennis in many capacities, including player, teacher, coach, writer, speaker, and researcher. In his most recent role, he served the United States Tennis Association s Player Development Division for three years as the administrator of coaching education before being named the director of coaching education and sport science in 2003.Mark Kovacs, Ph.D., CSCSMark Kovacs is the senior manager of strength and conditioning/sport science for the United States Tennis Association. In this role, he overseas all sport science related areas. The mission of the sport science department is to produce, evaluate and disseminate sport science and medicine information relevant to tennis. Yongchul Chung, Ph.D.Yongchul Chung is a sport psychology specialist and an assistant professor in the department of human performance and leisure studies at North Carolina A&T State University. Chung earned his Ph.D. in sport and exercise psychology at the University of North Carolina at Greensboro.Kristen Dieffenbach, Ph.D.Kristen Dieffenbach is an assistant professor of athletic coaching education at West Virginia University. She has a Ph.D. in exercise science with an emphasis in exercise and sport psychology from the University of North Carolina at Greensboro. Dieffenbach is an Association of Applied Sport Psychology-certified consultant and a member of the USOC registry of sport service providers.Russell Medbery, Ph.D.Russell Medbery, Ph.D. is an AASP-certified sport psychology consultant, and has worked with national-level and semi-professional athletes, NCAA Division I and III collegiate athletes, as well as high school aged athletes in tennis, soccer, track, and skiing. Currently, Medbery is an associate professor in the department of exercise and sport sciences at Colby-Sawyer College. Cristina Rolo, Ph.D.Cristina Rolo has a licensure degree in exercise and sport sciences, specializing in tennis, from the Human Movement University, Technical University of Lisbon, Portugal. She is a tenured physical education teacher, former tennis player, and Level II-certified tennis coach by the Portuguese Tennis Federation.

This is an awesome book! Larry Lauer has covered many issues that can interfere with an athlete’s ability to perform at his/her highest level and gives hands on/practical exercises to move beyond those barriers. Highly recommended!

Lot of useful tips. My son is very serious at competing in junior tournaments but have trouble overcoming nerves at critical points.

The book is really geared towards tennis pros who are coaching junior players; however I found a lot of the exercises and information to also be appropriate for adult players and teams.

Good purchase.

There is a lot to this book. It has some good thoughts on sports psychology and is tennis-specific. I recommend this book.

If you are looking to Improve your Mental Performance on the tennis court this is The Book which will help you just do that. You need to perform the steps presented so you can achieve the results you are looking for! Good Luck!

This is the most organized and well thought out book on the mental training about tennis. This book can be adapted by trainers, coaches and academies as a guide to develop the mental aspects of tennis.The book discusses the mental skills and the development of mental toughness. This book is unique in that it provides writing and drills that are well thought out to help train the psychological abilities of tennis players. Much is written on this topic, but no other books provide so much information and guidance. Very few training programs take such a systematic and comprehensive coverage of different pathways to develop the mental preparation of a tennis player. This is one of the reasons that the United States tennis is in its current state. These mental skills need to be developed in any player of any age. Of course, the younger the better. In close or tough matches, this is the determining factor of who wins a match or tournament. We see this over and over at all levels of play.Robert Pasahow, Ph.D.

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