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# Fit To Play Tennis: High Performance Training Tips



## **Synopsis**

This physical and mental training manual arms athletes, coaches, parents, and sports scientists with an easy-to-follow, seven-point plan to enhance performance, limit injuries, and help tennis players avoid overtraining and burnout. Delivering practical t

## **Book Information**

File Size: 10767 KB

Print Length: 433 pages

Publisher: USRSA; 2nd edition (April 1, 2006)

Publication Date: April 1, 2006

Sold by: Digital Services LLC

Language: English

ASIN: B005WXKDO8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #214,319 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27

in Books > Sports & Outdoors > Coaching > Tennis #36 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Tennis #106 in Books > Sports & Outdoors > Individual Sports > Tennis

## **Customer Reviews**

I've been teaching for 34 years, a member in the USPTA for more than 10 years and Fit to Play Tennis: High Performance Training Tips covers a lot of ground. It is in my opinion the book that covers almost every part of the game and does it concisely and in clear understandable English. If you buy only one book to help you with strategy, tactics, stroke production, conditioning, the mental side, injury prevention and treatment, drills and a great deal more this is the book. It is the closest I have found to being the complete book on high performance tennis training. I can not recommend it high enough.

Quite well written, maybe a bit too technical sometimes, but altogether interesting, especially for tournament players

I keep returning to this book for information, reinforcement, definition, deeper understanding of certain areas (training, injury prevention, nutrition). It is one of the most essential tools I own.

This is an extremely helpful book that has tips ranging from on court training to injury prevention. My daughter is a junior tournamnet tennis player and she plays a lot of tennis. When she visited Canada, she injured her lower back/hip. After she went to several doctors, we finally found Carl to help her recover from her injury. It turned out to be a malaligned hip problem, which he has written a whole chapter about in this book. Under Carl's treatment, my daughter recovered in 4 weeks. About ten months later, my daughter felt pain in her lower back/hip again, we realized that it may be hip malalignment again, so we followed the correction exercise in this book and she recovered in two weeks. In this book, there is a chapter on how to strengthen one's core and how to connect one's lower extremities with his/her upper extremities through the core, which is really important in a sport like tennis because of all the constant rotations and movement on the court. Aside from that, there are also great tips on injury prevention, nutrition, mental and tactical strategies, and recovering from an injury. So, as a tennis parent, I highly recommend this book to all tennis players.

**Fit to Play Tennis: High Performance Training Tips** In contrary to what some other review said, that this book is not for recreational tennis players, I believe that this book is just perfect for any level player. Many of the chapters about gym training, stretching and myofascial release keep the tennis players healthy and injury free. The more hours one spends on the court, the more one needs to do the off court training/rehabilitation. And especially a recreational player, because they generally don't have massage/physical therapists around them all the time. They have to do it on their own, and this book will teach you how. Besides that, the book has chapters on nutrition, mental aspects of the game, planning in long term, etc. Great book!!! I have it in my bed and just randomly open it and just read a few pages again and again!

This book gives a good general overview on fitness and how it applies to tennis. The chapters on flexibility and dynamic warm-ups are well written. However, it fails to provide specific programs which can be incorporated for strength and cardiovascular training. In addition, much of the information is geared toward professional or traveling junior players, and not the recreational player, who is most likely to be purchasing this book.

Good training tips.

This book is a must-have for every tennis player. It covers all relevant topics of and gives you dozens of easy-to-follow exercises on how to keep the body in tip-top condition.

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