



Tennis Strategy for High School Coaches: How to Beat Any Style Opponent - Quick-Fix Book

Grant Grinnell

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This (quick-fix) book anticipates and addresses the challenges High School Coaches face from building team management skills, to improving practice sessions, to evolving the mental and tactical skills of your players, to creating a synergistic environment of teamwork and fun where every player is valued, encouraged, and celebrated!

The book is the culmination of 38 years of coaching, 50,000 hours on-court experience, years of seeking uncommon knowledge, and decades of creating the most *efficient and effective) methods to help students find their best fast!.

The strategy section provides coaches with potent tactics on how to beat any style player including, Singles: how to beat a big server, a great returner, aggressive baseliner, pusher, counter-puncher, hacker-slicer, and all court player, Doubles: how to beat big serving teams, great returning teams, teams that control the net, one up one back teams, poaching teams, lobbing teams, and teams with one hot player.

The mental toughness section uniquely redefines attitudes regarding winning and losing, competition, pressure, fear, mistakes, choking, and adversity to teach your players the attitudes mindsets to play up to (and stretch) the upper limits of their abilities.

Overall, this book is designed save time, be a strategic resource coaches will come back to again and again, provide the insights to improve your players at an unprecedented rate, help reduce match play nerves and pressure, and give coaches/players the instantaneous tactical wisdom to consistently to win!

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