



Junior Tennis: A Complete Coaching Manual For The Young Tennis Player

Mark Vale

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Junior Tennis is a complete guide for beginners, and for coaches and parents who want to teach the game's fundamentals to kids, ages 6 through 16. Beautifully and instructively illustrated, this manual was written and prepared in association with England's renowned Lawn Tennis Association. Students of tennis will learn: basic rules and etiquette; how to hit effective, consistent ground strokes; the essential skills of serve/volley and chip-and-charge; cross-court volleying; how to select the best equipment; and much more. Sequenced photography, sidebar tips, instructive diagrams, and a fun quiz will help junior tennis players improve technique and fully understand the game. Approximately 200 full-color photos and diagrams in total.

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