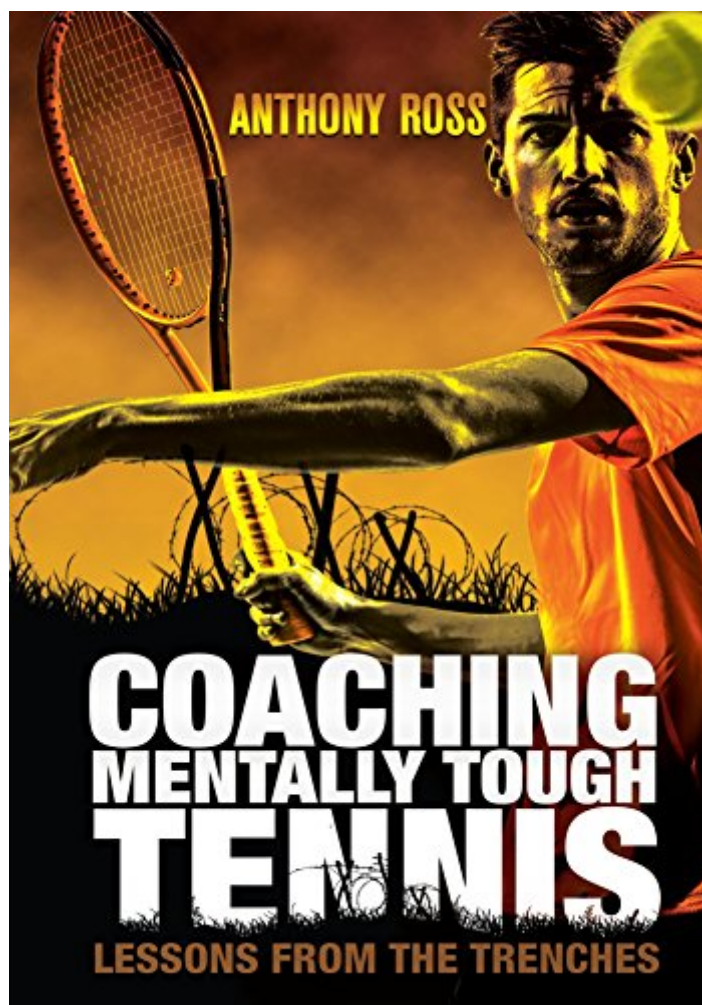


The book was found

Coaching Mentally Tough Tennis: Lessons From The Trenches



Synopsis

In *Coaching Mentally Tough Tennis: Lessons From The Trenches*, Anthony Ross provides unrivalled insight into common coaching and competitive challenges like choking, tanking, poor concentration, and anger. He does this by explaining the psychology of some of the most important 2014/2015 ATP/WTA tour matches, along with presenting his experience from 12 years in the trenches as a coach, psychologist, and researcher. All so you can better understand your players' mental toughness challenges, and apply simple strategies to help them compete more effectively.

Book Information

File Size: 390 KB

Print Length: 170 pages

Page Numbers Source ISBN: 1514632357

Publication Date: October 13, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B016MTLYBQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #708,226 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #78

in Kindle Store > Books > Sports & Outdoors > Coaching > Tennis #140 in Kindle Store > Kindle eBooks

> Nonfiction > Sports > Racket Sports > Tennis #384 in Kindle Store > Books > Sports & Outdoors >

Individual Sports > Tennis

Customer Reviews

Just got my hard copy a few days ago and read through the content. I am blown away at how well thought out Anthony's platform is. I have spent a lot of time listening to him talk about concepts but this book is amazing and the use of examples from current matches was brilliant and so easy to identify with. I highly recommend reading it to anyone that wants to dive into the mental side of the game.

If you really want a robust, substantive, and detailed approach to mental toughness, Anthony provides the kind of rigorous training needed to succeed.

Good read and good information

I found this to be an excellent book to support my parenting, especially in sport. Having been a keen athlete myself, I often find the chats with my son around his tennis to be some of the most difficult. My son is hoping to get a college scholarship and I've been following Anthony's articles for the last couple of years and found them very helpful. This book is a fascinating collection of topics to do with the mental parts of the game. I really enjoyed the use of professional matches as examples to help me better understand my boy's reactions in matches. There's also a chapter that explains children's brain development and how that affects their mental development in tennis. Anthony stresses the importance of what we do as parents for the long term development of our child's performance. And there's plenty of other great stuff in there as well to help parents reflect on the actions of coaches. If you're a parent who wants to help your child's tennis development then I highly recommend this book.

This is a great book for any coach serious about developing their knowledge on little talked about aspects of developing mental toughness. It's much more than the usual mental skills training psychology books. He obviously knows his stuff. Logical, well researched and highly recommended.

[Download to continue reading...](#)

Coaching Mentally Tough Tennis: Lessons From The Trenches
How to Play Tennis: The Complete Guide to the Rules of Tennis, Tennis Scoring, Tennis Grips and Strokes, and Tennis Tips for Singles & Doubles
101 Tennis Tips From A World Class Coach VOLUME 1: A Common Sense Approach to Tennis (101 Tennis Tips From A World Class Tennis Coach)
Tennis: Top 5 Strategies How to win more matches, How to Play Tennis, Killer doubles, Tennis the Ultimate guide (Tennis Strategies How to win more matches Book 1)
WinningSTATE-Volleyball: The Athlete's Guide to Competing Mentally Tough (4th Edition)
WinningSTATE Softball: The Athlete's Guide to Competing Mentally Tough (4th Edition)
WinningSTATE-Wrestling: The Athlete's Guide To Competing Mentally Tough (4th Edition)
Mentally Tough Teens: Developing a Winning Mindset
Chicken Soup for the Teenage Soul on Tough Stuff: Stories of Tough Times and Lessons Learned (Chicken Soup for the Soul)
Coaching Tennis Successfully - 2nd Edition (Coaching Successfully Series)
Coaching Youth

Tennis - 4th Edition (Coaching Youth Sports Series) Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Life Coaching: Life Coaching Blueprint: Save a Life One Person at a Time (Bonus 30 Minute Life Coaching Session - How to Motivate, Inspire, Change Your Life) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) Mergers and Acquisitions Playbook: Lessons from the Middle-Market Trenches Mergers and Acquisitions Playbook: Lessons from the Middle-Market Trenches (Wiley Professional Advisory Services) Tennis The U.S. Open 2018 Wall Calendar: The Official Calendar of the United States Tennis Association Tennis For The Rest Of Us: A Practical Guide For The New, Nearly New, Newly Frustrated Or Nearly Discouraged Tennis Player Tennis The U.S. Open 2017 Wall Calendar: The Official Calendar of The United States Tennis Association International Book of Tennis Drills: Over 100 Skill-Specific Drills Adopted by Tennis Professionals Worldwide

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)