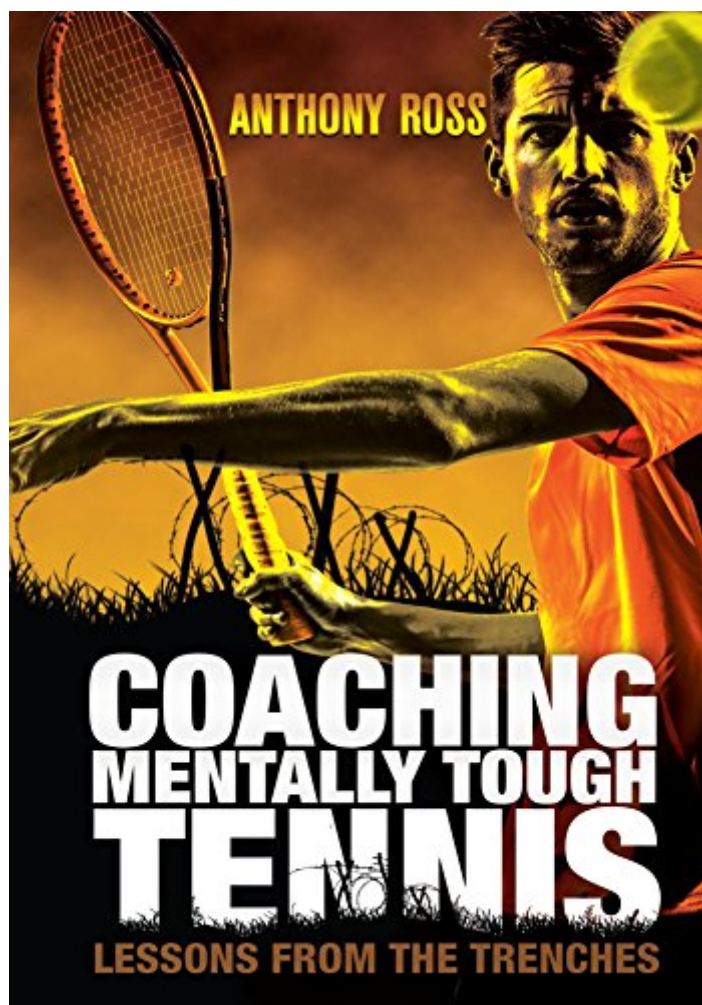




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Coaching Mentally Tough Tennis: Lessons From The Trenches



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/WTATour 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

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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.

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