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“This book is a must-read for those 50 and over! The same instruction that helped us win Grand Slams, reach and maintain worldwide No. 1 rankings, and win the Davis Cup championship is yours in Playing Tennis After 50. For those players who come together for camaraderie or competitiveness, this is sure to be a smash hit.”

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Broadcaster for USA Network

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2001 • 456 pages • ISBN 978-0-7360-4036-5 • $24.95 U.S. • $26.95 CDN • £16.99 UK • £25.49 EURO • $45.90 NZ

Practice better to play better

The Tennis Drill Book covers all aspects of the game, from strokes and conditioning to strategy, with variations that challenge and diversify singles and doubles play. This extensive manual features 245 drills that can be integrated into practice sessions to improve performance in every area of the game. The book is organized so that you can quickly find specific drills or sections to use for customized practices.

Written by a teaching pro and former professional player, Tina Hoskins, this essential reference provides drills for every game situation by simulating match situations. It also includes drills and games for juniors that can help coaches prepare younger players for higher level competition.


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**Become a successful youth tennis coach**

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**Winning tactics for today's game**

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This book is unique because it interprets the women’s game as it has been played by the most elite female competitors, both past and present. It illustrates the tactics employed by these athletes and provides 68 drills so that you can learn to execute these strategies successfully in your own games. Through this book, Rob Antoun shows how to play to your strengths with an arsenal of tactics for every game situation, in both singles and double play.


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