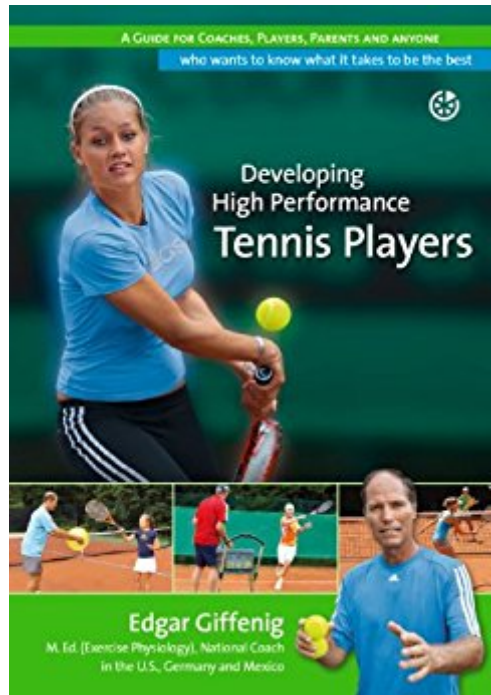


The book was found

Developing High Performance Tennis Players



Synopsis

This book is an attempt to answer the questions that I have pondered most of my life: What does it take to be a great tennis player and what is the most effective way to train. It is a summary of 40 years in competitive tennis as a high performance player and coach of elite athletes. Within its pages you will find a player development system that guides coaches, players and parents through the intricacies of high performance tennis training. It provides an in-depth analysis and explanation of every important aspect of the game and presents a clear and complete roadmap for anyone interested in truly understanding what it takes to excel in this marvelous sport. The Author: Edgar Giffenig was a highly ranked junior in Mexico and played for the University of Texas where he completed an undergraduate degree in business and a graduate degree in exercise physiology. Starting as assistant coach at his alma mater, Edgar has been coaching high performance players for the last 25 years. He was a national coach for the USA, Germany and Mexico as well as a partner in two major tennis academies: Centro Mextenis in Mexico and International Tennis Academy in the USA. He has been a speaker at many national and international coaches conventions (ITF, PTR, ITA, USTA, DTB, FMT) and is a partner in TennisGate, a company specializing in player development media. Edgar currently lives in Connecticut, USA, where he teaches and coaches at The Salisbury School.

Book Information

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Customer Reviews

Impressive. This is state of the art coaching and teaching by a master. The book was recommended to me by a professional player who described Edgar Giffenig as a "tennis MRI" because of the depth and accuracy of his analysis of all aspects of a player's game, from stroke production to match tactics and everything in between. Having read hundreds of tennis books, and as a clinical psychologist specializing in peak performance as well as a tennis parent, this one really is a STANDOUT. Beautifully organized for ease of use, there is probably \$100,000 worth, at least, in lessons, workshops, etc. The drills, the advice, seem honed to the heart of what is most essential for player development and coaching. A very generous book/resource library. Outstanding.

Edgar's intelligence, love of the game, generosity, and sense of humor all went into this book, which distills his experience from a lifetime in the trenches as a coach and player. For those who don't have the privilege of knowing him, this is the next best thing. There is something in here for anyone interested in tennis and what it takes to get better.

Edgar brings a wealth of experience and knowledge to help tennis professionals organize a blueprint for success for their junior tennis development program. Edgar has experience working with and in the highest level of junior tennis in the world. Edgar started as an assistant coach for the University of Texas men's tennis team, then as one of the coaches for the USTA as a national coach for the top juniors in the United State. In Europe Edgar coached in the German Tennis Federation and Latin America created the Mexican National Jr. Tennis program for their elite junior players. Edgars experience as a top level player also allows him unique insight as to what really works and how to get others to the highest level of competition. Edgar has found that kids learn better and have more fun by playing games and matches. That does not mean that skill development through drilling is not important, but through the many examples provided in this book, drills should be structured to mirror point situations so that not only are their skills improving their tactical knowledge is improving as well. This is not a book that you read and put on your bookshelf but one that you read time and time again and use to create your own blueprint for a high performance junior program.

First book with tactics description, analysis of proper types of players and how to play with them, how to recognize which player you are and how to improve your weakness and how to use your strong skills. I read many books but this one explains most of proper things.

Edgar uses subtle skills to develop advantages for average players at all levels: school, college, league, club, tournament, and top tournament competitors. Shows the ways that separate the good from the very good, and a program of mental and physical techniques used by the pros, but available to every player. Explains necessary rules and strategies for coaches, parents, and players showing how to use gradations of development, mental and physical, adding drill sections for each level. Far beyond simple stroke production. This seems to be the only book on the market that gives a complete analysis of the game with specific singles and doubles tactics for every possible player situation, the value of spins, types of players (steady baseliner, etc.) and how to develop your own style of play as well as oppose others. A thorough guide to all aspects of the game. I only wish I had had the information in this book to use when I was a prep school coach. It's an overview of the game from a world class coach; worthwhile for everyone who plays the 'game for a lifetime'. Color coded, important points highlighted, chapter summaries, personal insights, reference library appendix with extensive situation drills.

Giffenig, is a coach's coach and has great practical advice for coaches, parents, and players. I highly recommend it to anyone who wants to improve their tennis game or coaching skills. Bruce Gullikson
USPTA 1, PTR Professional

This is a must have to your Tennis Coaching collection. His in-depth knowledge and skill set, broadens your understanding of the coaching methodologies. He also focused more away from the commonalities of tennis coaching books. This review is 2 years late since my purchase and the influence it had on my own coaching is beyond amazing. I'm still in seek of more books similar to this. If you are a serious coach and hungry to make yourself more valuable to the coaching market and of course to your students. Buy it! Thank You Edgar!

I've had the chance to attend several coaches conferences and read a lot of tennis books. This book puts together all you need to know as a performance tennis coach. Edgar has worked a lot in developing players from very different backgrounds as well as with different national associations

with varying resources. I personally think this book can help you set specific guidelines to work with players regardless of their level. Finally I would also like to comment on the quality of the book, pictures and format, making the book pleasant and easy to read. This book is a must in every tennis coach's library!

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Tennis: Tennis Strategies: The Top 100 Best Things That You Can Do To Greatly Improve Your Tennis Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport of Tennis)
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Tennis: The Ultimate Guide To Tennis - Master The Fundamentals Of Tennis And Level Up Your Game In 7 Days
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International Book of Tennis Drills: Over 100 Skill-Specific Drills Adopted by Tennis Professionals
Worldwide Tennis Strategies: The Top 100 Best Things That You Can Do to Greatly Improve Your Tennis Game
Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis
The Tennis Drill Book (Tennis Drill Book, Paper)
The Tennis Book: The Illustrated Encyclopedia of World Tennis
Tennis Strings Made Easy: All you need to know about Tennis Strings
Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series)
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