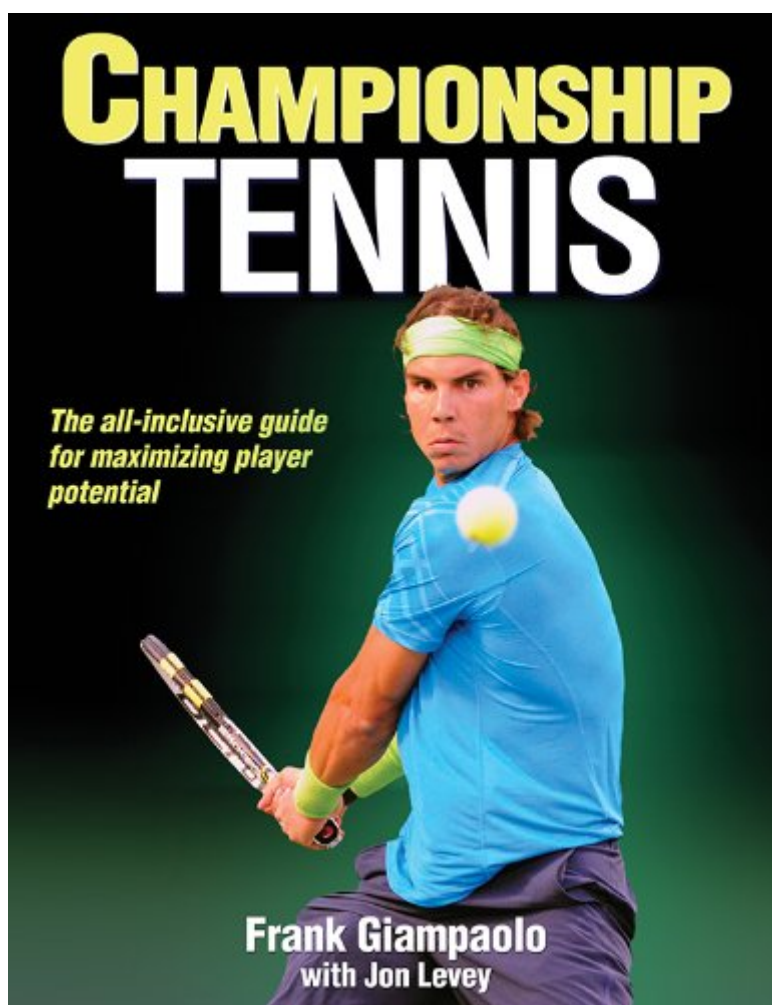


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# Championship Tennis



## Synopsis

In Championship Tennis, Frank Giampaolo and Jon Levey cover the most important aspects of training, including athletic assessment, skill development, physical and mental preparation, practicing, and planning. It includes proven practice drills for mastering strokes, anticipatory skills, and styles of play.

## Book Information

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## Customer Reviews

This book is an ABSOLUTE MUST HAVE for any tennis player, tennis coach, or tennis parent! I am a tennis fanatic, and have read almost every tennis book out there and NOTHING compares to this book. The author is brilliant! I found this book so uniquely real and honest and I could relate to every word! This book breaks down the essentials of tennis. 5 STARS!!!!!!

My 10 and 11 year old are starting to play tennis competitively and I bought this book as a way to supplement what they were getting outside of their regular practices. My wife who is a former collegiate player is constantly sharing information from this book with our girls regarding various aspects of their games. If you are serious about improving your game, take a look at this book.

We love this author! He really knows how to shine a light on competitive tennis. It is easy to get frustrated or reach a plateau when you are trying to improve your game or help your child improve their game. This book gives comprehensive perspectives, full of strategies and invaluable information.

Frank's wisdom and insight into the game of tennis are akin to theorems in geometry: vital and necessary to a problem's solution. The clarity and ease with which he guides the parent/player through the necessary steps to achieving high-level tennis makes implementation a breeze. He really gives a thorough picture of the commitment it takes to get to those high-level goals and the specifics along the way. You won't waste your time or money investing in this invaluable resource.

Frank has put in the time to share in this wonderful book his many years of wisdom about competitive tennis. He explains the important details about stroke production, but more importantly he shares the insights into how to develop the emotional side of the game. It is rare to have someone with real expertise share information that is really useful to parents and players who are in the trenches today trying to develop highly competitive tennis players. Thank you Frank for having the knowledge, but more importantly, sharing it with us. You are a unique and special person.

Frank is one the premier junior tennis coaches in the US. His work on the court with players and off the court with players, parents, and coaches is top-notch. He has put together many of the concepts he teaches in this book. Plain and simple it is a must have for tennis coaches, players, and parents who are looking to excel at the sport. The greatest attribute a coach or player can have for improvement is inquisitiveness to continually learn and get better. You will defiantly know more about tennis after reading this book than before. I give it 5-Stars. Alex from [...]

After playing highly competitive tennis for over 25 years but then giving it up for over 10 years for my own daughters tennis careers, Frank's book has given me the help I need in regards to modern stroke technique, the inner thought process of match play, simple practice and fitness programs that I need to start competing again. I remember Frank from his days coaching with Vic Braden and this book has brought me back to so many of the simple techniques that Vic and Frank taught. Thanks guys!

Great tennis instruction book. Covers many areas of tennis that are not normally all found in one book. The tactical and emotional sides are very well done with helpful information. The author has obviously coached at a very high level. This is the kind of book you will want to read cover to cover or just open it up anywhere and you will find it to be a good read if you are a serious tennis player. Championship Tennis is a super tennis resource book to have on hand. I'm sure I will revisit it often and even take notes from it from time to time. I have read a lot of tennis books and this one is unusual in it's quality. I highly recommend it. Definitely worth its price.

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