

# BUILDING A TENNIS CHAMPION

By Nathan and  
Giselle Martin



30 Things Every Tennis Player,  
Coach and Parent Must Know

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Creating a Tennis Champion30 Things Every Tennis Player, Coach and Mother or father Must KnowNathan and Giselle Martin been employed by with Lleyton Hewitt, Martina Navratilova, Casey Dellacqua, Sam Stosur, Svetlana Kuznetsova, Arantxa Sanchez Vicario, Monica Seles and many others. When in Australia, Nathan, Giselle and their team at Tennis Fitness, www.tennisfitness.com. Collectively, they have trained 5 former world number 1 players. "Building a Champion" covers a diverse range of questions regarding young tennis players. If you've ever asked yourself the following questions, then this book ought to be in the hands ASAP. Secrets for developing a tennis champion from the Professionals. How frequently should a tennis player practice, train and play? What off courtroom training should a tennis participant do to boost their video game? Have a solid reference to developing junior tennis players; What things to eat, before, after and during training/matches? What top professionals. How to keep a young player motivated and concentrated. Nathan and Giselle are Proud Australians and have worked as Tennis Fitness Trainers for over 15 years. If you're a young tennis player, tennis coach or tennis parent, this book is crucial read. Surviving in Australia, they have regularly travelled on the WTA and ATP tours, assisting the globe. If you're continually sharing their understanding and experience with potential future specialists. Their passion to continually learn and share about the game they love has led them to become world leaders in the tennis industry.



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Average Expected so much more. Maybe better for older kids like 13 years plus, my daughter is 6 and there is barely anything relevant for that age, overall even if she was old the publication is low on good content, my information is skip it if you don't child has ended 13 and also then Im not sure there is that much in it that's gold. Need help with sorting out what to do with a kid who loves tennis? This is the book for you. The preparation starts here That is a seriously helpful book and one that each tennis parent in particular should take a look at. Nutrition, hydration and injury prevention are covered well while is schooling. How hard as long as they be pushing it, how much as long as they end up being playing/practicing, what sort of strategies would be helpful, and the easy stuff like hydration and diet plan.' to a table of likely regular monthly costs really cause you to sit up. must have, step-by-step, for aspiring tennis advantages. Great go through! The authors understand their craft and give very helpful tips to help your child reach new amounts in tennis while stopping injury simultaneously b Building a Tennis Champion is simple to read Very usefull book, a must read for coaches from each level. It is a genuinely open up and pragmatic read. That is a detail by detail guideline that outlines everything it requires to become tennis champion. I would recommend this book to the parents of my students and to current players starting out on the pro tour. Play and train hard but don't neglect the schooling comes through all the time. Stringing outlays as high as \$100 monthly and an annual clothing cost in the hundreds are hard hitting nonetheless it will be foolish to ignore them. I'd lend it to any parent of a promising more serious player. More for parents than for instructors, but best for the coach to have read. A great and incredibly helpful introduction to the countless questions you can have if there is a kid in the family who's obsessed with performing tennis. Nathan and Giselle Martin been employed by with some of the best tennis players on the planet, they understand what it takes. it's an extraordinary list. Had my 10 year old child read section and hep him to understand importance of training off court, flexibility and injury prevention as well as mindset. The tennis instruction is first rate as you'd expect but it's as an excellent parenting guide that it stands apart. Little gems such as asking the query, 'can you afford it? Its all protected, and more, in this simple to use resource for people (particularly parents) curious about more. Coach Practical Practical advise. Tips about great network building are sensible and something most parents may belong to more than seek out. Don't, say Nathan and Giselle, do your homework first. Much is common sense but there's much you won't have considered and a childhood and adolescent growth change chart pays to indeed. My child is and over the years there were many many queries that I have thought about along the way. It is definitely an excellent reference to keep you on track. This is not a guide aimed directly at improved forehands or volleys or increased speed but in terms of ground setting, it is ground breaking thinking. Much more for parents and coaches than kids, it results in as a common sense bible of sorts. But just when you're thinking this is seriously level headed, the enthusiasm jumps out. A sub section of the 'benefits of playing tennis' lists 21 direct plus points, more than any additional section and by some range and betrays the authors' love not only of being suit but of the joys of the overall game at all levels. You won't build a champion just by reading it but it will surely prepare the parent for the journey forward. Tennis Conditioning was never been so simple It's been one year I am following Nathan's way for the conditioning for my young tennis players. Education is the key You know you are getting a easy to follow explanation of what champions do. Motivation, guidance, injury, fitness issues. These exact things can be prevented if the eductaion is there. Parents, coaches and players eyes need to be wide open up. They have to utilise all the resources available. Because rendering it to the very best involves greater than hours and hours on courtroom hitting loads of green fluffy balls. Arranging, nutrition, injury prevention, tennis fitness and conditioning, goal setting techniques, hydration and recovery, all play a large role. Instructors and parents need to learn how to take control of their career at a age and understand what it takes to create it. I wish I had a book like this from day one. Education is the key If you're a coach or a mother or father of a tennis player and you want to give them every opportunity

to reach their potential, you then should go through this book. There are a large amount of great tennis players out there that could never get the opportunity to make it, you can find so a lot of things that stop a career; In order to be a champion, or if you want your children to be champions, they you need to find out what the champions do -- and start doing the same things. This is a great book on the whole picture of what it means to become tennis player. Amazing book This is just an incredible book, since I've it my had changed a whole lot, most of all mentally, so I recommend a lot, this changes your game for certain!..Nathan and Giselle Martin understand their subject clearly but what pieces this offering apart may be the constant look at all issues from a parents's perspective. Great small read that provides a parent all of the tips . I cannot imagine why anyone with an interest in kids tennis wouldn't get this book. Great book for parents and trainers who want building blocks for their young tennis stars.If you are reading through the Martin's book -- you understand you're getting an ordinary and simple description of what champions do, because they've trained and worked with the best there's. With youth at heart this book has a balance of what is needed from mindset, goals, strength, fitness and capabilities for our young guys. Nathan actually summarizes some very nice fitness programs and goals that trainers and parents can lead youth through which are helpful. They know their craft.I wanted to find out just what these guys teach their clients -- and I did so... Great little read that gives a parent all of the tips and tricks to aid a parent in helping to develop a future tennis champ. They dedicate the reserve to their kids in the intro and balance caution with 'going for your dreams' throughout. Very good program Very good program, eleven years old daughter, only a week sensed a qualitative improvement in the game. And proper planning counts for a lot indeed. It's so simple and effective. I am grateful to Nathan & Giselle for sharing their experience and inspiring therefore many tennis lovers all over world. Wish they'll keep writing to help the tennis globe. Many thanks again Nathan & It'll be perfect if it comes with some reference supply if reader like to go into details. lack of detail info or reference. Giselle good book to read great guide to parents who have dreams of growing their kids to another star. Lleyton Hewitt, Martina Navratilova .! It's an excellent book for what it's about.I wish this book was available when I was a young player! A must for all potential tennis specialists! As a coach I learned some brand-new issues that I couldn't discover in other tennis related literature. Creating a Tennis Champion is simple to read, because it mixes scientific specifics with real life examples.



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