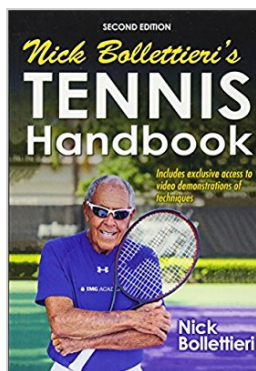


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Nick Bollettieri's Tennis Handbook-2nd Edition

By Nick Bollettieri

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Nick Bollettieri's Tennis Handbook-2nd Edition By Nick Bollettieri

Nick Bollettieri's Tennis Handbook, Second Edition, is the most comprehensive guide to learning and teaching tennis from the sport's most successful coach. Nick Bollettieri's training and development system is recognized around the world. He has developed or coached the game's elite players, including Andre Agassi, Venus Williams, Serena Williams, Maria Sharapova, Jelena Jankovi?, Jim Courier, Boris Becker, Martina Hingis, Marcelo Ríos, Monica Seles, Kei Nishikori, Petra Kvitová, and Sabine Lisicki. Now, Bollettieri provides the same instruction on skills and tactics that has made his IMG Academy a destination for aspiring players from around the world. From serves and returns to volleys and lobs, every shot in the game is covered to give you the most dynamic offensive arsenal. You'll learn key strategic points that will help you identify your opponents' tendencies and attack their weaknesses.

Featuring 55 drills for singles and doubles play, the most effective conditioning exercises and programs for all styles of play, and the latest on equipment, technology, and mental training, *Nick Bollettieri's Tennis Handbook* offers a one-of-a-kind opportunity to train with a true master teacher and apply to your game the system that has helped produce some of the sport's greatest players. With the accompanying video-on-demand content, you'll have access to enhanced demonstrations of the most critical individual techniques such as forehand, backhand, volley, serve, and return. It's a must-have for dedicated players and coaches alike.

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“Nick, I’ve spent time with Vince Lombardi, Bob Knight, Tommy Lasorda, Joe Torre, Larry Brown, Casey Stengel, and Cus D’Amato—just to name a few—and they’re all successful and they’re all different. The key thing for a coach and for a human being is to be yourself, and Nick, this is the characteristic you share with all those Hall of Fame coaches. You are yourself. You’re the consummate coach. You care about the game, about the way it is played, and about the person who is playing it. You don’t quite demand perfection, but you damn well want it. Larry Brown’s ultimate term of respect is to call someone Coach—as in Coach Holzman or Coach Smith. You are Coach Bollettieri.”

—Dick Schaap-- Late American sportswriter, broadcaster, and author

“Nick Bollettieri has always been a man with great vision and a charismatic personality who energizes everyone in his presence. I have watched Nick coach athletes of all abilities, from beginners to professionals. His positive teachings, with his energetic approach, lead to the development of successful tennis players.”

—Dick Vitale-- ABC and ESPN basketball analyst

“When I moved in with Nick at the age of 13, he became a surrogate father to me. Nick stressed discipline and self-control, but most of all he believed in me. Nick has the uncanny ability to know what each player needs to be motivated. For me, it was praise. The most lasting impression that I have about Nick is simply the feeling that came over me whenever he was on the court with me. Even to this day, if I’m playing tennis and Nick is there, the adrenaline starts to flow, and I leave the court sure that I can conquer the world.”

—Jimmy Arias

“Not only has Nick has been a great help to our tennis game, but he has also been a close friend of the family for years. His friendship and instruction have been invaluable to us.”

—Venus Williams

“I really think that Nick is not just a coach, but also a friend and someone that you can talk to. As a coach, he really knows what to tell the player so the player will be able to take the next step to be on the top. He has personally helped me to realize that I need the small things more than the large things. In the end, Nick is a great person and my friend.”

—Serena Williams

“Not only is Nick a terrific coach but also a great motivator. He makes you feel good on the court no matter what. Also, knowing him for the past few years, he’s not only a coach to me but a great friend with a big heart. He’ll always be special.”

—Tommy Haas

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