



Building a Champion: The Fundamentals of Playing & Coaching Tennis

Dan McCain

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The game of tennis is deceptively simple and yet infinitely complex. Author of "The I Formation: A Journal for Tennis, Goals & Life", Coach McCain describes both to the layman and the expert the intricacies of playing and coaching. In every stroke, certain things must happen for it to be a technically sound shot - things that all the pros have in common. These main ingredients are offered in easy to understand terminology with photos to help the reader visualize. The psychology of the game and the science of success across a range of fields is examined as Coach McCain puts a microscope on how players become great. As a former manager of player development for the USTA, a coach on the ATP and WTA pro tours, a Division 1 college coach, a Director of a high performance tennis academy, and having worked with dozens of other USTA and ATP Tour coaches over the years, his students have gone on to play in the grand slams. They have also received top college scholarships and achieved the highest national and international rankings. A lifetime of knowledge is offered here to the reader in this book.

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