

FOR IMMEDIATE RELEASE

May 14, 2008

## **ASEP's *Coaching Youth Tennis* serves up coaching tips for a successful season**

If you're a first-time or inexperienced youth tennis coach, *Coaching Youth Tennis* is your guidebook for a successful season.

Written by the **American Sport Education Program (ASEP)** in conjunction with Kirk Anderson, director of recreational coaches and programs at the **United States Tennis Association (USTA)**, this fourth edition offers you information every coach needs on coaching philosophy, communication, and safety. It also provides you with step-by-step instructions for executing and teaching the basic technical skills and the tactical aspects of singles and doubles tennis. To assist you with your team-management skills, the book includes practical content on coaching matches and developing season and practice plans that promotes tennis as a team sport.

A convenient activity finder brings over 30 activities contained in the book into one section with page numbers for easy reference, while an expanded chapter on rules and equipment presents new youth modifications recently adopted by the USTA.

The official handbook of USTA Jr. Team Tennis, *Coaching Youth Tennis* serves up coaching know-how that's sure to be a winner with you and your players.

### **ABOUT THE BOOK**



**Coaching Youth Tennis**  
ASEP

June 2008 · Paperback · 192 pp  
ISBN 978-0-7360-6419-4 · \$16.95 (\$18.95 CDN)

### **TABLE OF CONTENTS**

- 1 Stepping Into Coaching
- 2 Communicating As a Coach
- 3 Understanding Rules and Equipment
- 4 Providing for Players' Safety
- 5 Making Practices Fun and Practical
- 6 Teaching and Shaping Skills
- 7 Coaching Basic Tennis Skills
- 8 Coaching Singles and Doubles Play
- 9 Coaching on Match Day
- 10 Developing Season and Practice Plans

### **ABOUT THE AMERICAN SPORT EDUCATION PROGRAM**

The American Sport Education Program (ASEP) is the leading provider of youth, high school, and elite-level sport education programs in the USA. Through its high-quality programs, ASEP has educated more than one million coaches, officials, sport administrators, parents, and athletes. For more than 25 years, local, state, and national sport organizations have partnered with ASEP to lead the way in making sport a safe, successful, and enjoyable experience for all involved. For more information on ASEP sport education courses and resources, call 800-747-5698, e-mail [ASEP@hkusa.com](mailto:ASEP@hkusa.com), or visit [www.ASEP.com](http://www.ASEP.com).

