

TENNIS COACHING ON THE WEB

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This article will provide you with some of the sites available on the Internet, which relate to Coaching.

➤ **Coaches Review Articles on the Web:**

<http://www.itftennis.com>

You can now read a selection of Coaches Review articles on the ITF WebPages in the “Developing Tennis” section as well as considerable information on the work of the ITF Development Department. If you know coaches that do not receive Coaches Review they can read some of our articles here. National Associations also wishing to access complete issues of Coaches Review can obtain them via ITF Worldnet (see the Development Department section of the library).

➤ **Tennis Coaches Australia New South Wales:**

<http://www.ozemail.com.au/~tcansw/>

“Tennis Coaches Australia is the official organisation authorised to conduct training courses and accredit tennis coaches on behalf of Tennis Australia. On gaining their qualifications members are issued with a joint certificate from Tennis Australia and Tennis Coaches Australia”.

Features: Training courses; About TCA; Members’ WebPages and Directory; Coaching Accreditation; Links.

➤ **Tennis One:** <http://www.tennisone.com>

Rather than offering one tip each month, TennisONE provides a whole library of tennis lessons. Anytime you have a problem on the court, check out TennisONE’s lesson page to find the solution. We’ve built our library of lessons using the top local teaching pros as well as nationally recognised industry figures.

Features: Lesson Library; Worldwide tennis news; Racket

Research; Ask the Pros; Tennis one bulletin board; Tennis products.

➤ **MWN - Tennis:** <http://www.mwnsports.com>

“Some of the highlights of this high impact newsletter include: Drills and Exercises; Playing Strategies; Coaching Principals; Tips Motivation and Sports Psychology; Physical Strength and Conditioning; Public Relations and Promotions; and much, much more!”

➤ **Tennistrainer Magazine:** <http://www.tennistrainer.com>

Features: Specialised Training; Tennis injuries; Tennis Links; Training diets; Training equipment; Gift shop; Contacts; Classifieds.

➤ **Tennis at the Australian Institute of Sport:**

<http://www.ausport.au/aisten.html>

Features: A.I.S. Tennis players; The A.I.S. Tennis programme; History of Tennis; Tennis at the Olympic Games; Tennis Diets; Training.

➤ **Pro Tennis Video:** <http://www.protennisvideo.com>

Features: Train for mental toughness, Overcome choking, Cross train like the Pros; Devise winning game plans; Develop world class footwork; Learn the secrets of Pro Strategy; Out think your opponent to win.

➤ **Leading Edge Tennis:** <http://www3.sympatico.ca/let/>

Features: Article contributions from tennis professionals; Psychological tip of the month; Technical tip of the month; Tactical tip of the month; Guest writer; Announcements; Pro shop; Best tennis sites (updated monthly).