



The I Formation: A Journal on Tennis, Goals, & Life

Daniel McCain

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From the bestselling author of Building A Champion comes the ultimate journal about tennis, goals, & life. The I Formation is a diary that guides the users to toward self-discovery through expression in specific areas in a tennis player's game & life. Appropriate for all levels of tennis players, this journal contains sections of notebook-like pages with tennis art & photo-sequences of the pros regarding school, off the court life, parents & family, friends, & travel to name a few. The book also can be used as a goal setting workbook for players & coaches to record progress & plateaus. Pages in the book serve as a goal setting map of each aspect of a player's tennis game, with pages containing the biomechanics & parameters of technique of a sound stroke listed with guided open space. The journal guides players to express their goals, fears, confidence, & progress by date & year. Pages regarding strategy, tactics, game style, emotional awareness, momentum, & more also are included, encouraging players to evolve, simplify & solidify their tactical & technical goals, & understand what it takes to reach them. The book also contains pages where players & coaches can record strengths & weaknesses of their opponents at tournaments for reference at future events for developing strategies on the fly. The I Formation is the ultimate journal for tennis player development.

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