



Competitive Tennis for Young Players: The Road to Becoming a Top Player

Manfred Grosser, Richard Schonborn

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In this work Manfred Grosser and Richard Schonborn describe an ideal development from a childhood to a world-class player in tennis. On the basis of research and studies in biological development, training science and learning process psychology as well as great national and international experiences and observations arises this volume of advice for coaches, officials, parents and young players. The logical description of the improvement of general and tennis-specific performance largely dependent on age and development should be helpful to improve individual talent and inborn abilities of children and juniors to top their performance level in tennis. On the basis of biological and scientific experiences and realizations over several decades, it is possible to show the way to reach this long-term goal. This way is described in detail in the book.

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