



USTA Mental Skills and Drills Handbook

By Larry Lauer, Daniel Gould, Paul Lubbers, Mark Kovacs

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In this ground-breaking new book and CD from the USTA, coaches, parents, and players of all levels of skill will discover critical drills, activities, and on- and off-court coaching strategies to develop the mental-toughness skills which are so critical to the sport of tennis. Covers player commitment and self-regulation, goal setting, motivation, stress management, concentration, imagery, confidence, sportsmanship and character building, and much, much more. This must-have reference is destined to become one of the most important and necessary works in the mental preparation of tennis players.

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Bibliography

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Editorial Review

Review

The USTA Mental Skills and Drills Handbook is a must for the serious tennis coach. --Bob Weinberg, Ph.D. Professor at Miami University

This book is a phenomenal resource that provides practical, easy-to-implement drills and exercises to help coaches optimize their players mental skills development. --Miguel Crespo, Ph.D. International Tennis Federation

The USTA Mental Skills and Drills Handbook is a must read for every serious player, parent, and coach. This book gives them exactly what they have been looking for the best of sport psychology in one place that is well organized, easy to understand, and easy to apply to the court. Coaches will have at their fingertips practical drills to teach confidence, motivation, and relaxation. --Dick Gould, Director of Tennis at Stanford University, 17 National Team Championships

About the Author

Larry Lauer, Ph.D.

Larry Lauer is the director of coaching education and development in the Institute for the Study of Youth Sports (ISYS) at Michigan State University. He heads a performance-enhancement consulting company, Championship Performance Consulting. Lauer received a Ph.D. in exercise and sport science, specializing in sport psychology from the University of North Carolina at Greensboro in 2005.

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Daniel Gould is the director of the Institute for the Study of Youth Sports, a professor in the department of kinesiology at the Michigan State University, and presently serves as vice chair of the USTA Sport Science Committee.

Paul Lubbers, Ph.D.

Paul Lubbers has been involved in tennis in many capacities, including player, teacher, coach, writer, speaker, and researcher. In his most recent role, he served the United States Tennis Association's Player Development Division for three years as the administrator of coaching education before being named the director of coaching education and sport science in 2003.

Mark Kovacs, Ph.D., CSCS

Mark Kovacs is the senior manager of strength and conditioning/sport science for the United States Tennis Association. In this role, he oversees all sport science related areas. The mission of the sport science department is to produce, evaluate and disseminate sport science and medicine information relevant to tennis.

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Cristina Rolo has a licensure degree in exercise and sport sciences, specializing in tennis, from the Human Movement University, Technical University of Lisbon, Portugal. She is a tenured physical education teacher, former tennis player, and Level II-certified tennis coach by the Portuguese Tennis Federation.

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