

Flavor Fitness: Tennis Anyone?

By John Peter

A tennis coach is a person who guides already developed players with instructions and commands to maximize their latent abilities. Choosing the right tennis coach is a very important decision. Based on the coach's performance only, the player will become more skilled. The coach should have gained a good name in his past success in the field of tennis. The manner of his/her teaching methodology, behavior and cooperation with the trainees is very important for game improvement.

Deciding on a good coach who both enjoys the sport and has the endurance to help each player in the approach best for him is important to learning to not only just play the game of tennis, but also to love it. He/she should be a member of or have worked in a well-known or prestigious tennis academy. The coach must be a very good player as well as a good coach. There is a difference between playing tennis well and coaching tennis well. The goal of tennis coaching is communication, not the expertise by itself. For example, the coach must be able to explain each little part of the forehand stroke in such a way so as not to confuse his trainees. He/she should be able to analyze the potential of the trainee based on what the coach may be able to teach the trainee. Pete Sampras and Goran Ivanisevic both are extremely talented in playing tennis but are very poor in coaching. Even they have lot of trouble in teaching someone how to hit a forehand or a serve.

Instructions from the coach should be easy to follow for the students. The final product of tennis coaching does not prove that the coach as an expert in playing tennis. The important consideration in choosing a tennis coach is that the coach up to date on the latest teaching methodologies. For instance, if the coach is more than 40 years old, he/she may play tennis very well with good strike, but be poor in effective shots. Also they may have used wooden racquets, so they may not know about the latest equipment. He may also face the ball from the opponent instead of creating realistic game situations.

Most of the young coaches received training from the famed seminars like ITF, USPTA or PTR. Older coaches may not have attended these kinds of seminars or do not apply what they know and attach it to their old teaching method. The good coach will always make sure that everyone is getting involved during the teaching period. He/she should be able to continuously update and spread out the trainee's awareness, familiarity and skill. All these factors are important and should be considered in your judgment and selection of a good tennis coach.

