USTA Mental Skills and Drills Handbook is written as a practical guide for coaches. It contains a variety of drills, activities, and on- and off-court coaching strategies that can be used to develop such mental-toughness skills as concentration, imagery, and confidence in players. The skills and drills were designed for use with players of diverse ages and skill levels.

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.

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