

FOR IMMEDIATE RELEASE

Category: News Feature

**Bring back common sense to teaching tennis, asks coach and author  
Unveiling a new way to introduce tennis to kids, and have them come back for more**

Imagine playing tennis with a giant-sized racket as tall as you, ball that is three-times bigger, on a court that is double the standard size. That is exactly how kids feel when we subject them to adult-sized court, racket and standard ball, says David Minihan, tennis coach and author of "Coaching Your Tennis Champion" (Mansion Grove House, \$26.95, <http://CoachingYourTennisChampion.com>). Instead, scale down the game for kids. Use smaller courts, youth-sized rackets, lower bouncing balls and simplified scoring similar to models successfully tested in other sports such as youth baseball.

The USTA (United States Tennis Association) announced today the nationwide launch of QuickStart Tennis, new play format tailor-made for kids 10 and under. David believes the new format is the most significant step in years, and will allow kids to play and succeed almost instantaneously.

Children between ages five and ten are more interested in having a good time and playing games than worrying about how to hold the racket and the specific techniques of hitting different strokes. Proper mechanics are important, explains David, however, we can also find new ways to make it easy and fun for kids to learn, play and progress quickly.

In "Coaching Your Tennis Champion" David, draws on years of "grass roots" experience working with kids, ranked juniors and collegiate players, unveiling his exclusive day-by-day progressive lesson plans incorporating all the elements of the new QuickStart Tennis. Designed to provide tennis teachers, physical educators, volunteer coaches and parents a dramatically easy way to motivate kids towards a healthy lifestyle and the sport of a lifetime.

David's progressive tennis plans are organized day-by-day and grouped for players ages 5-7 and ages 8-10. Use a lesson as-is or easily adjust it for your players' needs. All activities are labeled with approximate completion times to help you budget teaching sessions. The games and drills focus on motor skills, strokes, game rules and point play, and are designed to enliven your teaching and keep your kids coming back for more. "David gets it" says Cliff Drysdale, popular ESPN Tennis Analyst and Grand Slam Champion.

"Coaching Your Tennis Champion" by David Minihan is available at <http://MansionSelect.com>, leading tennis retailers and bookstores worldwide.

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## Note to Editor

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- This media release, print-ready images and the complete media kit is downloadable at <http://MansionGroveHouse.com>
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