



Coaching Mentally Tough Tennis: Lessons From The Trenches

Anthony Ross

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In *Coaching Mentally Tough Tennis: Lessons From The Trenches*, Anthony Ross provides unrivalled insight into common coaching and competitive challenges like choking, tanking, poor concentration, and anger. He does this by explaining the psychology of some of the most important 2014/2015 ATP/WT A tour matches, along with presenting his experience from 12 years in the trenches as a coach, psychologist, and researcher. All so you can better understand your players' mental toughness challenges, and apply simple strategies to help them compete more effectively. Anthony is a coach, psychologist, and founder of Coaching Mentally Tough Tennis (<http://coachingmentallytoughtennis.com>), an organization dedicated to providing coaches with the highest quality, most effective information regarding the development of mental toughness in tennis. He has travelled on the ATP and WTA tours while working with players during competition against the likes of Nadal, Federer, and Djokovic. He also regularly mentors NCAA Division 1/ATP/WT A tour coaches on matters of coaching psychology. Anthony was formerly an All-American Pepperdine University player and his combined singles/double winning percentage of 85% (122-21) under coach Peter Smith is the second best of Peter's coaching career, behind only Steve Johnson. Anthony went on to compete as a professional doubles player at tournaments including Wimbledon.

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