



Vision Training for Tennis: Going Beyond "Watch the Ball" (Winning Tennis)

By Bill Patton

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What passes for vision training in tennis is woefully inadequate, when the best anyone can offer is 'watch the ball'. Understanding vision is so much more complicated than that. Part of the reason players get stuck at a level is because they neglect training the most important sense in the game, their vision. There are few conclusive answers for any one person, but there are 28 different essays here, that should offer solutions to a wide range of the tennis playing population. You may discover why you are better on one groundstroke than the other, or with one volley ahead of another. Does it matter if you are pure dextral or cross dextral? Find out here.

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Editorial Review

About the Author

Bill has always colored outside the lines. He used to take his toys apart to see how they worked. He turned those experiences into a strength. Now he creates innovative templates so that others can build on success and make it their own. He is most proud of winning an NCS Championship, and becoming a published author for the first time. Once when trying to speak another language to a player he thought he was asking if she was embarrassed, but he used the word for pregnant. That got sorted out later. Bill Patton is Tennis Professional and is currently coaching his 7th different high school with 28 years of experience in the field. He has coached at several schools with many great results. Mainly, the players had a great time maximizing their games, and playing on the teams. You can listen to Bill's Radio Blog at www.blogtalkradio.com/720degreecoaching to hear from some great coaches and learn something new for no charge.

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