



Momentum on the ATP Tour: Volume 1

Daniel McCain

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From the bestselling author of *Building A Champion* & *The I Formation* comes the the show & tell of Men's professional tennis: *Momentum on the ATP Tour, Volume 1*. What causes momentum shifts on the tennis court? Does momentum really exist? Pros on the ATP World Tour debate this question with their answers, revealing unique perspectives on how they achieved success in the pros. This book reveals the views of past & present ATP Touring Professionals, their coaches, the media that cover them, & the psychologists that guide them, & explores the background & implications of what they discuss. Interviews & research on the ebbs and flow of performance on the tennis court show a range of philosophies on competing, training, life on the tour, & what it takes to make it in the pros. Despite the varying views presented, definite patterns of thought begin to emerge, regardless of who it's coming from. ATP Tour veterans discuss what causes momentum shifts in matches, recall matches they played or coached through incredible comebacks, major moments of choking, tempers flying, & even how specific points in matches became pivotal in the direction of their careers. Interviews include grand slam champions, NCAA champions, former players ranked in the top 20 in the world, & household tennis names such as Vic Braden, Tim Mayotte, legendary Stanford Coach Dick Gould, & more. Don't miss Volume 2 of *Momentum*, also available on Amazon, which explores how ATP pros physically generate, control, maintain, & use the momentum of the body & racquet to execute their shots. Graphic illustrations & multiple exposure taken from frames of video reveal pros executing the same b.i.o.m.e.chanics. Filled with images, analysis, & research from the USTA, ITF, & the ATP, this volume gives readers a visual array of the science behind the strokes.

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