

Let's start this DVD by agreeing that tennis is absolutely the best lifelong sport in the world, offering more health, social, developmental, and competitive opportunities than any other activity. The purpose of the games in this DVD is to combine the excitement and challenge of competition with games specifically designed to get players to focus on various elements of their games. The results are more fun and improvement, through a process that I like to call "automatic learning."

You see, the satisfaction of improving is what every single tennis player we interviewed listed as one of his or her top reasons for playing. And, remember, game-based drill sessions generally offer a better physical work-out *and* result in faster improvement when combined with competitive play as compared to just playing matches alone. The creative games and drills in this DVD were selected from literally thousands of hours of trial and error through teaching players of all levels. They are proven winners. I hope you will find them as innovative and enjoyable as we have.

Simply by adjusting where the players are standing on the court, you'll find that most of the drills can easily be adapted to different levels of play. And, unless otherwise explained, you can keep score by organizing the games until one player or team wins 11, 15, or 21 points.

