

TOP 200
Games and Skill-Builders
just for kids
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After teaching tennis to children as well as adults for 30 years and working with coaches of many sports, I've reached two basic conclusions: One, that 99% of the basic athletic skills needed to perform and excel in any one sport is common to all other sports. And, two, that the primary ingredient of all activities for children as well as adults must be fun.

The 200 games and skill-builders in this video series are designed to add Fun as well as Fitness and Focus to sports training and phys. ed. classes, plus supervised and even unsupervised playtime. They have been compiled from researching and interviewing dozens of leading sports training professionals as well as from my own tennis-specific and overall athletic experience. We decided to divide this tape series into five skill-building sections:

Balance

Movement and foot speed

Hands including catching and throwing skills

Team Games

Tricks and Time Fillers

You will also notice that although some of the skill-builders are designed exclusively for either younger children or older ones, the great majority can be easily adjusted to various ages and skill levels simply by adjusting the degree of difficulty of each skill performed. And, although we are filming on a tennis court, any safe and friendly environment can be used. The essential ingredient in our recipe for success is fun and enthusiasm.