



Tennis: Mastering the Basics with the Personalized Sports Instruction System (A Workbook Approach)

Michael W. Metzler Ph.D.

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Acclaimed author of Instructional Models for Physical Education Mike Metzler uses the Personalized Sports Instruction System in *Tennis: Mastering the Basics* to allow students and athletes to progress individually through learning modules, moving toward match play. The Personalized Sports Instruction System is based on Fred Keller's Personalized Systems of Instruction, which has a long history of empirical support. Tennis contains framework for organizing, planning, implementing, and evaluating the fundamentals of the game. Once a coach/instructor/parent has learned the PSI System, s/he can use any of the Metzler series books. Tennis, just like the other five workbooks in the series, is designed as a learning guide for tennis players more than as a reference for instructors. Each player has her own workbook that leads her through the course at a pace matching her own ability, making her less dependent on her coach or instructor. Begins at the basics of tennis with proper stretching tips, equipment, and stroke fundamentals. Gives detailed instructions for the forehand and backhand drive, approach shots, volleys, and serving. Includes optional chapters with instructions on forehand and backhand lobs and overhead smashes. The workbook series "runs" the course, not the instructor, so s/he can spend more time working with players who need extra attention. For youth sport coaches (middle to high school) and parents who want to work one on one with their youngsters, for all college-level physical activity courses, and for first-time physical education instructors who need a plan.

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