



# 101 Tips for Winning More Tennis Matches

*By Michael Kosta*

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101 Tips for Winning More Tennis Matches offers an incredible collection of easy to use, understand, and implement (yet powerfully effective!) tips for winning tennis. Includes tips for pre-match, singles and doubles match play, post-match, practice, tournament, and mental/physical preparation. Ideal for players and coaches of all ages and skill levels.

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## **Editorial Review**

### **Review**

This is a must read for any competitive tennis player. -- *Mardy Fish, ATP Career High #15 Ranking, Olympic Silver Medalist*

Within this book are dozens of techniques that can and should be used by players of all skill levels. --*Todd Martin, ATP Career High #4 Ranking, Two-Time Grand Slam Finalist*

### **About the Author**

Michael Kosta currently teaches tennis independently nationwide. Previously, he served as the assistant men's tennis coach at the University of Michigan for two years. He now works with the Wolverines team as a volunteer assistant coach when he is in town. Michael played on the professional tennis tour for three years, reaching world rankings in the top 900 in singles and the top 350 in doubles. Prior to his professional career, Michael earned a degree in speech communications from the University of Illinois, where he played four years on the number one nationally ranked tennis team and established himself as one of the nation's top singles and doubles players. Michael, a two-time Michigan High School State Champion, is a PTR certified teaching pro as well as a level 1 USTA High Performance graduate. He is single and resides in Ann Arbor, MI.

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