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*Daniel McCain*

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## **Momentum** Daniel McCain

From the bestselling author of *Building A Champion* & *The I Formation* comes the 2013 released exploration of men's professional tennis: *Momentum*. *Momentum* serves as an umbrella concept, covering all things psychological and biomechanics-related in tennis. With strokes acting as a tangible metaphor for the ups and downs of competitive clashes, *Momentum* offers readers a unifying theme for tennis with visuals and first hand stories from the pros. Images sequences and multiple exposures reveal how ATP pros generate, manipulate, & maintain the momentum of their racquet heads and bodies in motion to produce explosive, balanced movement and shotmaking. Touring pros, Grand Slam champions, legends of the game, ATP Tour Coaches, sport psychologists & media debate the existence and causes of momentum shifts on the court. Interviews & research on the ebbs and flow of performance on the tennis court show a web of viewpoints on performance, training, life on the tour, & what it takes to make it in the pros. Volumes 1 and 2 are included in this edition.

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