



*The Federer Blueprint: 31 Lessons from the Greatest of All Time*

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**Important:** Roger Federer does not endorse and is not involved with this book in any way. And to be frank, we prefer it that way. This means that we are able to cut through the Federer mystique and objectively get to the heart of the matter. Forget natural gifts, forget genetic marvel, forget one-of-a-kind... we show you how he REALLY became great.

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***About the author***

As a child I was a promising junior with aspirations of a tennis career, but neither I nor my parents had a clear idea of what it would really take to become a top player. As a result I just continued playing and hoped it would work out. Gradually as I got older it became clear that I was not on track for a tennis career. Actually I was a long way short, and stopped playing at 16.

Years later through my own research of the great players I discovered that it was never going to “just happen”. Unfortunately the “keep playing and practicing and hope it works out” approach is very common in junior tennis. At the heart of this problem is the idea that you either have something special or you don’t, BUT the truth is that special talent is *created* bit by bit on the practice court.

I have written The Federer Blueprint to dispel the myth of an inborn "gift for tennis" and instead give players the power to take their career into their own hands by showing them what it really takes to be the best.

Roger’s path to the top wasn’t magical, or unexplainable. Instead it *is* explainable, and it *is* possible. As you’ll see inside...

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# WHAT IS THE FEDERER BLUEPRINT?

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The Federer Blueprint is a biography of the early life of Roger Federer. Its purpose is not to merely retell Roger's life story, but to answer the following question:

**HOW CAN AN ORDINARY KID BECOME AN EXTRAORDINARY  
PLAYER?**

The Federer Blueprint: examines the early life and career of Roger Federer; shows you what it really took Roger to reach the top; reveals the factors that were critical to his success; and serves up 31 critical lessons a young player needs to reach the top.

## WHO'S IT FOR?

The lessons within this blueprint are for junior players as well as their parents. Younger players may benefit more from their parents reading the book and passing on the lessons to them. Teenagers are encouraged to read it themselves, but either way, discussion between parent and child is the most important step.

**Parents:** Discuss the principles learned with your kids.

**Kids:** Your parents need teaching too.

If parents and children can develop the habit of regularly stopping to evaluate their progress, then they have the chance to emulate the success of their heroes.

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# INTRODUCTION

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*“Any child beginning to play tennis should take him as a model”*

John McEnroe on Roger Federer <sup>[1]</sup>

If you wanted to escape from Alcatraz, one of the first things you’d do would be to read all about the people who had done it before, paying close attention to how they did it. The same would go for wanting to climb Mt Everest. Who has done it before? Who did it best? And how did they do it? Well, don’t you think we should apply the same strategy to tennis, and wanting to one day make it on the pro circuit, or even become the world #1?

I can’t teach you to hit a Federer forehand in 3 easy steps, but I intend to show you how Roger and other greats became great, and from their examples provide a wealth of useful lessons for anyone who dreams of becoming a top player.

Detailed evidence has been presented in the Blueprint Tennis blog showing that success is a product of quantity and quality of practice only ([www.blueprinttennis.com](http://www.blueprinttennis.com)). This is a simple idea that is too often overlooked in search of secret formulas and shortcuts. Throughout this Blueprint, you will see that while there were countless contributors to Roger’s success, the influence of any factor was always due to its impact on the **quantity or quality of practice** he accumulated. This concept is summarized in the diagram below and should be kept at the front of your mind throughout this Blueprint.

Thanks for visiting our site and for showing interest in The Federer Blueprint.

Please visit [www.blueprinttennis.com/federerbiography](http://www.blueprinttennis.com/federerbiography) to get the full version of this book.

### **Last word...**

If you need any further incentive then use the **discount code FIVEOFF** for \$5 off the price, bringing it to \$24.95.

That's less than the cost of a single tennis lesson.

And I promise that Roger's story reveals far more about what it takes to become a top player than you'll learn in any one tennis lesson.

Thanks again

Dave