

MENTAL



TRAINING

. KEEP IT SIMPLE .

FOCUS ON WHAT YOU CONTROL

We are realistic; tennis is an amazingly complicated sport which involves a high degree of stress in how the player perceives their situation.

There are details to execution, details to strategy and tactics, nuances and special circumstances that determine implementation, factors that involve strong emotions, tons of hard work, lot of – whew!

When you consider all the things there are to think

about, it is even “more” **IMPORTANT TO FOCUS ON WHAT YOU CONTROL.**

PREPARATION

EFFORT

ATTITUDE

The Athlete is almost always in control of their preparation. The appropriate time to train, to study the play book, to practice for a certain type of scheme you're likely to face, a well designed diet for fueling yourself properly, film study of your opponent's skills and execution, making the most of your recovery time.....the list goes on.

Players that train well, practice well, and prepare well demonstrate an effort level that often makes a big difference in the way you feel when the sun sets on competition day. The opportunity to be successful in a competition is not limited to the match's result. The **OPPORTUNITY** is experienced everyday in training, every off hour in how you recover and in the quality of relationship and teamwork you exhibit in “helping” your coaches and supporters.

Is defined as your “mind-set” in approaching, preparing for, and performing during competition. A positive mental attitude changes your perspective on court and is evident when one experiences a bad break, and they find a way to overcome. Some players make a science of learning excuses or finding ways to say “I can't.” A great **ATTITUDE** requires a constant desire to improve and to overcome obstacles.

PLAYERS MUST BE AWARE OF WHAT THEY CAN WORK ON AND IMPROVE.

; IT DEPENDS ON YOU!



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