

Positive Competitive Mindset



THE MENTAL SKILLS NEEDED TO PUT IT IN

are not the same as the ones needed to get it out

PERFORMANCE MINDSET

PRACTICE MINDSET

Courage Trust Acceptance

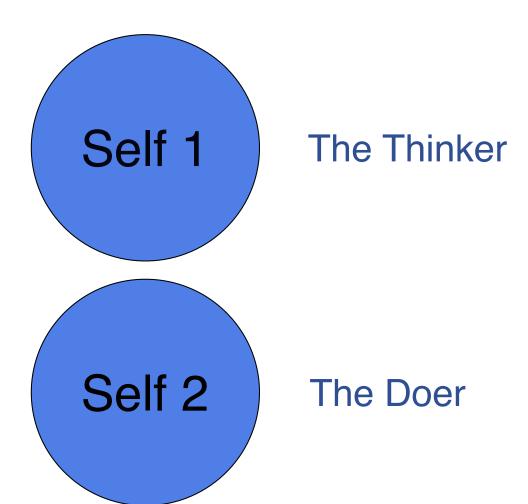
Self-instruction
Self-monitoring
Analyzing cause & effect

TRUST

a specific performance skill

Letting go of conscious control over swing correctness and trusting what you have trained.

THE INNER BATTLE



"Man is a thinking reed, but his great works are done when he is not calculating and thinking. Childlikeness has to be restored with long years of training in the art of self-forgetfulness. When this is attained, man thinks yet he does not think."

D.T. Suzuki

TRUST

is different from confidence



TRUST

is your performance goal

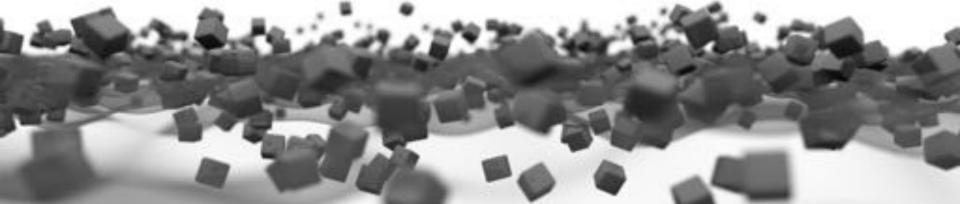


"Ultimately, the musician must relinquish the illusion of moment-by-moment control, trusting the program to remember exactly how each finger must move. The musician becomes aware of only the feeling, the emotion in the music."

Dr. Frank Wilson, neurologist

BREAKDOWNS IN TRUST

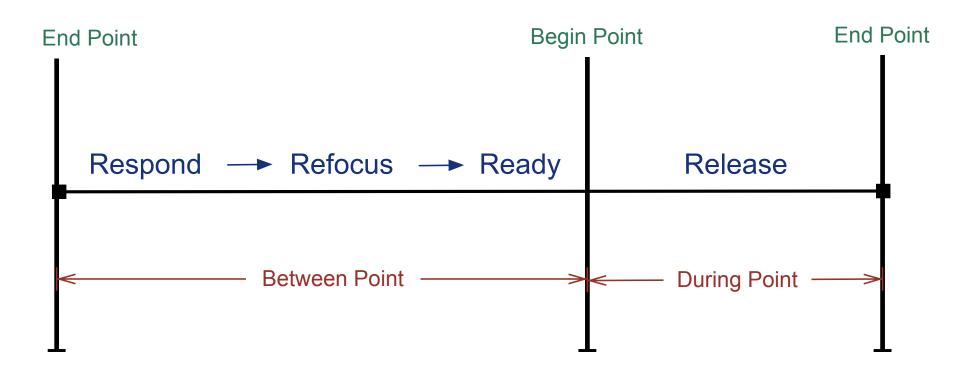
JAMMING OVER-AIMING PRESSING OVER-CONTROLLING



"If you don't practice mental skills in practice, then you can't expect them to show up during matches"

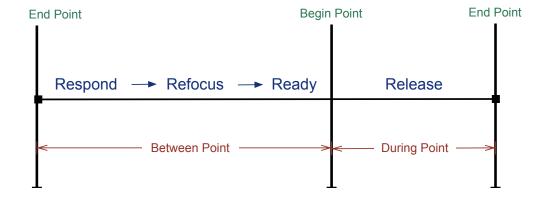


Tennis Focus Plan



RESPOND

Give yourself what you need to stay positive, focused and fighting.





SESSION 1: Respond Drill Sequence

1: Clinched Fist

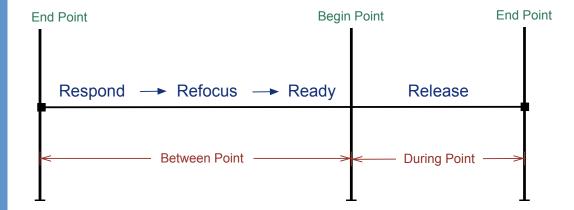
2: Turn and walk

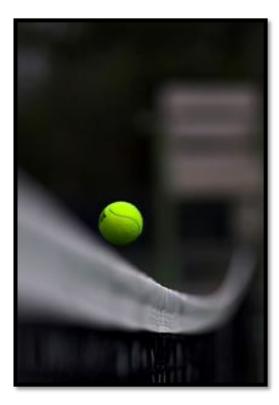
3: "Nice Shot"

4: Responding

RELEASE

Let go of swing correctness and maintain focus on the ball.





SESSION 2:Release Drill Sequence

5: "Ball-Ball"

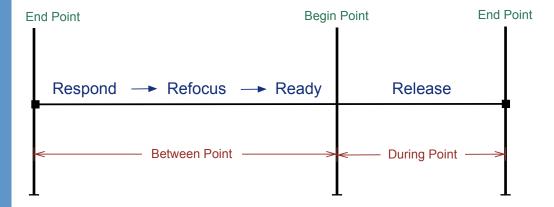
6: "Ball-Ball" x2

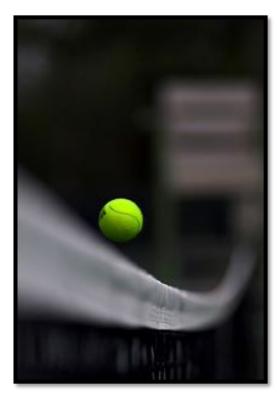
7: Tempo Match

8: Finish Match

READY

Get your head ready to focus and to trust your shots.





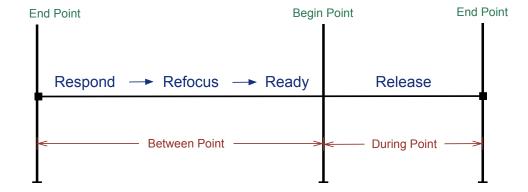
SESSION 3: Ready Drill Sequence

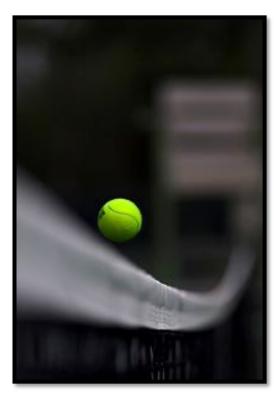
9: Breathe & Focus

10: "Yes" Game

REFOCUS

Mentally prepare for this point by focusing on play to run.





SESSION 4:Refocus Drill Sequence

11: Quick Pressure

12: Delayed Pressure

PERFORMANCE PHASES

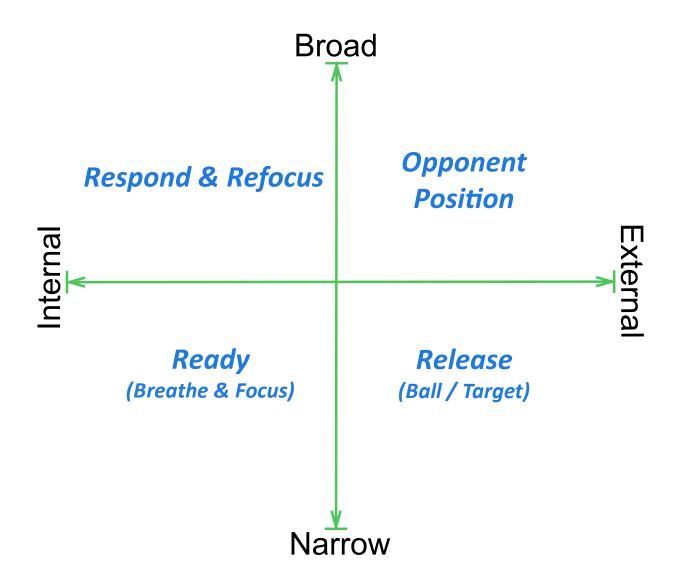
APPROACH

EXECUTE

RESPOND



ATTENTIONAL SHIFTS





Over instructing, analyzing or thinking too much

Does not always lead to bad shotBroad internal focus

Increased mistakes

OVER-AIMING

Excessively concerned with accuracy

Doubt ability to hit target
Too narrow of a focus
Excessive muscle tension

PRESSING

Trying too hard to generate more speed or power

Breakdown in swing sequencing Increased muscle tension
Tempo changes

OVER-CONTROLLING

Guiding the correctness of a movement pattern

- Trying to be technically correctLoss of "feel" in movement
 - Deceleration of swing