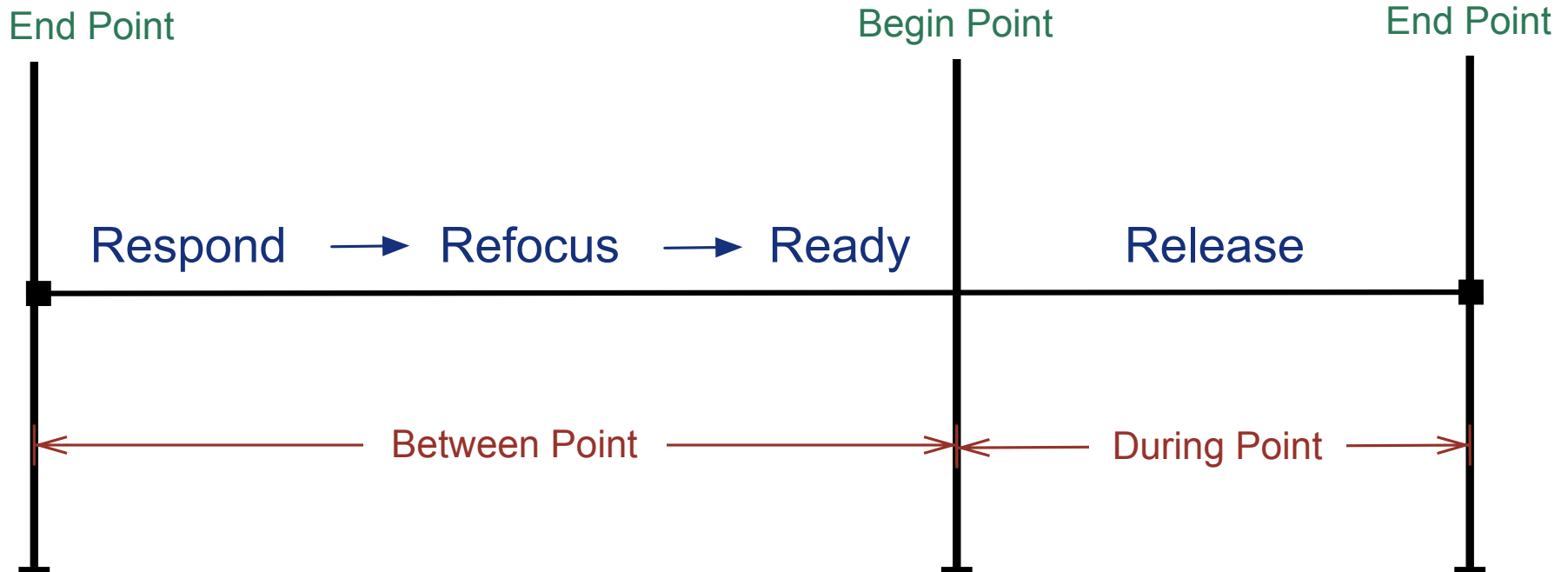
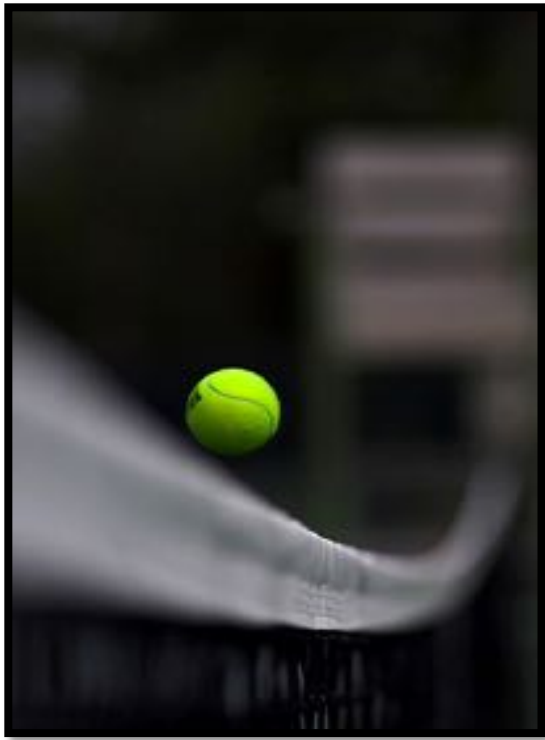




**ON-COURT DRILLS FOR
DEVELOPING MENTAL
SKILLS**

TENNIS FOCUS PLAN





SESSION 1:

Respond Drill Sequence

- 1: Clinched Fist
- 2: Turn and walk
- 3: "Nice Shot"
- 4: Responding



SESSION 2:

Release Drill Sequence

5: "Ball-Ball"

6: "Ball-Ball" x2

7: Tempo Match

8: Finish Match

SESSION 3:

Ready Drill Sequence



9: Breathe & Focus

10: "Yes" Game



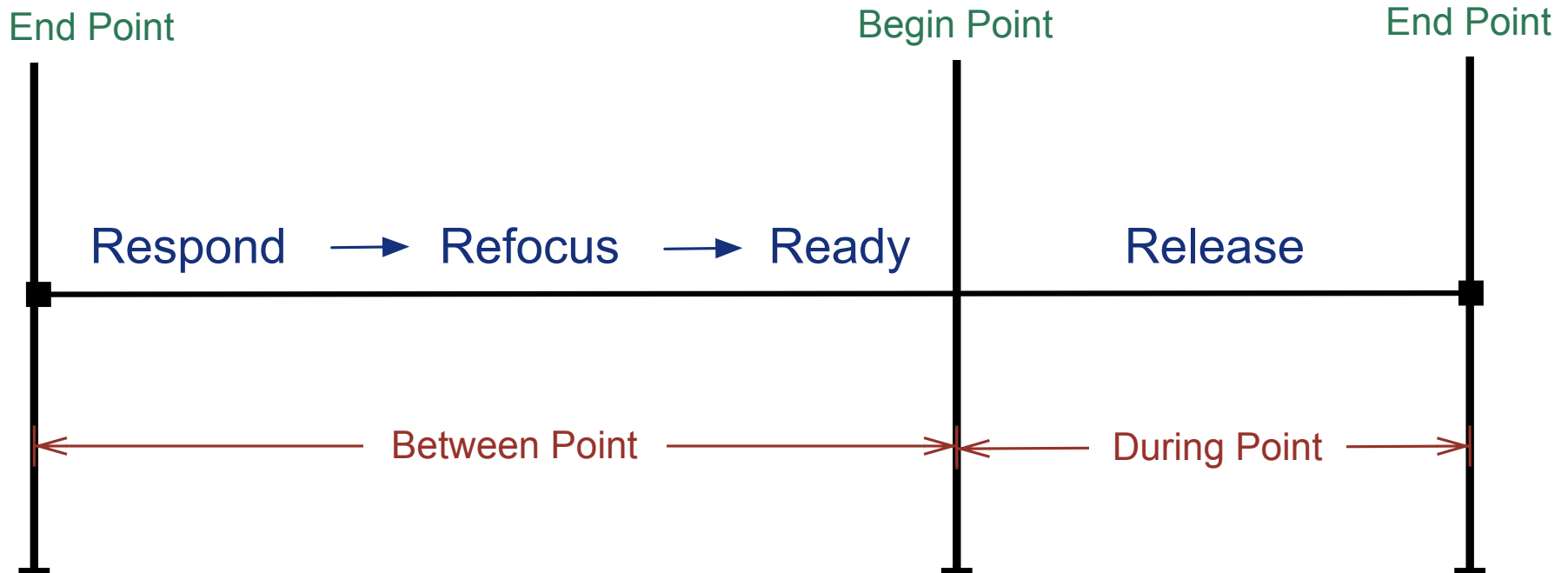
SESSION 4:

Refocus Drill Sequence

1 1 : Quick Pressure

1 2 : Delayed Pressure

TENNIS FOCUS PLAN



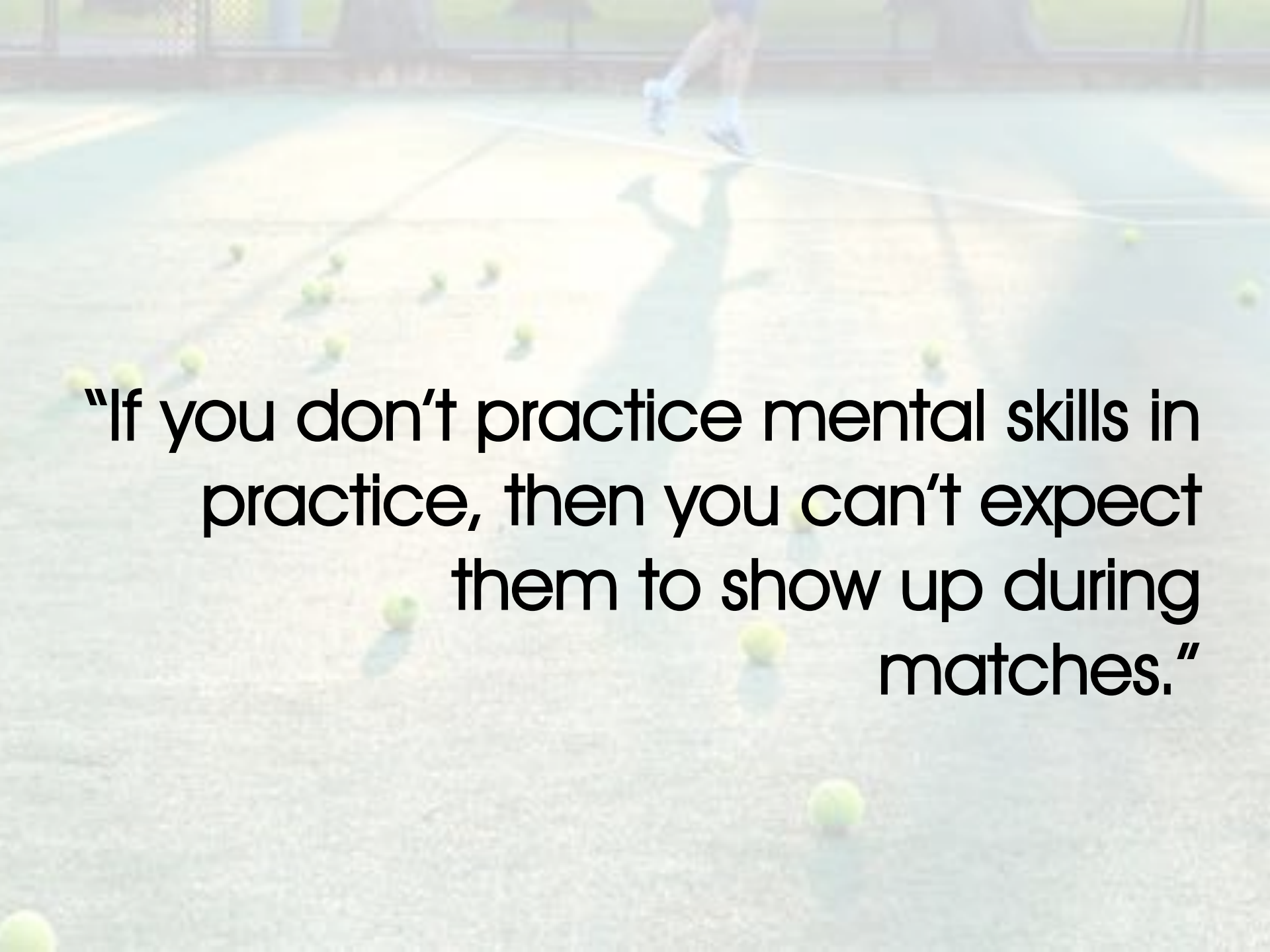
TRUST

is your performance goal



**HARNESSING PLAYER'S
PASSION TO COMPETE**





“If you don’t practice mental skills in practice, then you can’t expect them to show up during matches.”