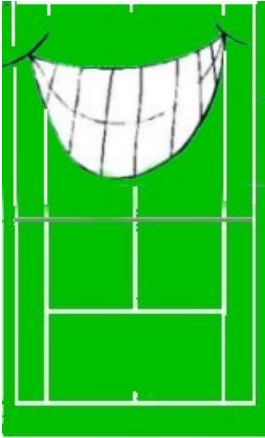


"Play Your Best Tennis"

7/8/2011



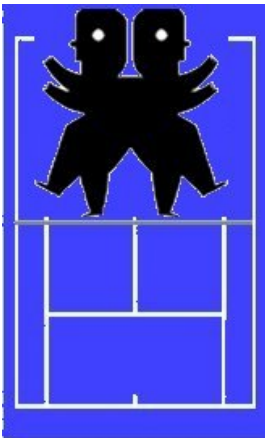
T101 - Smile

Approaching your next match with positive thinking can make a difference. Start by smiling! It takes fewer muscles to smile, it can increase your confidence and a relaxed jaw has been proven to increase your energy output. Plus you're playing a game you love!

You also want to expect mistakes because you will make them. If you can recover quickly and positively from a mistake you will probably not lose momentum and more points. After a mistake have some sort of closure like snapping your fingers or taking a slow deep breath. This will help you forget about the mistake. You are now ready to play the next point and you have the right mindset to play a great set!

This Tennis Handout provides some ideas and a practice drill to help you play your best tennis in matches, not just when you practice. Keep the handout as a resource and work on these ideas to improve your match play.

Good luck and have fun on the tennis court!



T117 - Don't Fight Yourself

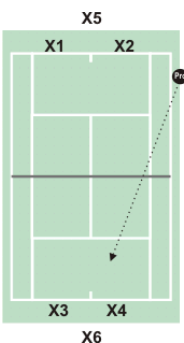
In a tennis match there will be obstacles to overcome and many battles to win. Don't make things tougher on yourself with internal struggles. These struggles can include negative self talk, a bad attitude (anger, tanking, etc.) and a lack of confidence. As with your forehand or volleys you can improve these "mental muscles" with practice.

Here is something to work on; take responsibility for your actions and re-actions. You will then realize you are in control and can respond in a more positive and constructive manner. So stay positive and win this battle from within and you will play better and have more fun!

A proper warm-up will help you start the match focused and ready to play. All shots and spins should be hit in the warm-up as well as emphasis on moving and watching the ball (start the mental match in the warm-up).

You can divide the court in half and are trying to maintain a consistent rally (at 60 - 75%). Then hit crosscourt. Eventually move to the net for volleys and overheads. Players will then hit serves and returns.

You should also start the warm-up with high percentage shots (aiming high over the net and towards the middle of the court). This provides positive feedback and often results in the feeling "it's going to be a good match".



One point games with a match point twist.

GC125 - Love the Battle*

Here's another drill that puts emphasis on winning the big points. Divide your players into teams of three. Spin the racquet for serve. Each player or doubles team plays a game the other team. But a game consists of only one point. For the second game (which is the second point) you have two new players or teams. A set consists of the first team to win six points. However, if a team loses match point they go back to zero. Each point is a big point and match point is even bigger!

Creating pressure in practice situations will help players perform better in match situations. Making it fun can also help players learn to like this situations and play better. Other points to emphasize in pressure situations are; staying positive, slowing down, deep breathes and using rituals (something they have become familiar with and have done many, many times).

Use this drill/game on the left when you practice. It's fun and also helps you enjoy competition and match pressure. By putting yourself in these pressure situation when you practice you become more comfortable and your performance will improve.

Welcome the opportunity to test yourself and your game, do it often and you will quickly improve your match play!