TARGET 22
Dr. Larry Lauer, CC-AASP
USTA Player Development

- Healthy Perspective
- Growth Mindset, Engagement Proactive
- Resilient Confident Competitors
- Optimism Sense of Control Conviction
- Flexible, Adaptable
- Tough Mentally, Emotionally, Physically Bounce Back
- Passion Commitment Perseverance Determination
Growth Mindset and Engagement
Focused on learning - getting better every day, full engagement in training, and has the pride/competitiveness to want to beat the best and become the best. Has excellent tennis intelligence; understands the game, patterns, and accurate self-awareness of game style.

Tough
Able to control emotions and responds well to adversity. Is solution-focused despite pressure or lack of success. Bounces back and is ready to play every point with focus, energy, and belief – “all in”.

Optimism
A very optimistic person who sees the glass as half-full and finds the good in all situations, no matter how bleak it is. Looks forward to being challenged and big moments. Sees them as opportunities.

Sense of Control and Conviction
Has a true, deep sense of belief in self and the support team. Trusts own game and the training plan. Willing to go for shots under pressure. Knows will make the next shot after a mistake. Embraces pressure.

Mentally Flexible and Adaptable
Adjusts to changing circumstances quickly whether it is before or during a match or practice. Generates and focuses on solutions and knows when to stick to “the clear vision of their game” and when to adjust.

Proactive
A player that is constantly seeking out challenge and collaborates with coach and team. Communicates proactively not reactively. Has excellent communication skills including listening.

Passion
A player that plays more for intrinsic reasons, but has high outcome goals. Also, made the choice to play and loves the game, not forced into it and doesn’t play to appease someone else. The desire is there and doesn’t waver with results.

Commitment, Perseverance, Determination
Is fully committed to quality practice every day. Prepares professionally, fights through setbacks and obstacles, and is determined no matter the situation.

Healthy Perspective
Has a diversified identity – is more than a tennis player and has interests outside of tennis. Tennis is the priority but able to have an abnormal balance.