

COMPETE LIKE A CHAMPION:

THE WHY, WHAT AND HOW OF MENTAL TRAINING



Interested in mental training? Answer these questions below:

- Do you have a desire to find out how good you can become?
- Do you have up's and down's in your matches?
- Do you feel you could be better even though you are working hard on court and in the gym?
- Does the pressure or nerves cause you to perform worse?
- Do you lack focus and/or think negatively in pressure situations?
- Are you frustrated because you perform better in practice than in matches?
- Do you want to be a “complete” player?

If you answered “Yes” to 1 or more these questions then you should begin mental training.

Many top professionals use a sport psychology professional/mental coach to help them achieve their goals. Mental training will help you use your brain to perform better and be happier competing.

The Mission: Compete like a Champion every day

The Values of a True Competitor:

1. Engaged
2. Confident
3. Resilient
4. Professional
5. Respectful
6. Determined
7. Tough

Goals for tennis mental training:

1. To be a resilient confident competitor – a player who believes no matter the situation, can adapt and problem solve, bounces back from failure and mistakes, and competes every single moment.
2. To compete every single point means to be at the baseline fully focused in the moment, on the plan for the point, with positive energy, belief and commitment.
3. To enjoy the process of training; tennis makes you happy but it is also in perspective.



Myth Busting: The following myths are not facts.

Mental training is NOT:

1. Only for “head cases” (players use it to become their best)
2. For the weak (those willing to train their mind show true strength and courage)
3. Ineffective (if you commit, you will become better)
4. A “magic pill” or the quick-fix! (it is about learning ways of thinking, and creating new habits)
5. About overthinking the game (in fact, you are taught how to simplify your mind when you want)

How You Can Use Mental Training:

1. To identify your strengths so you can learn to take advantage of them.
2. To vent your concerns.
3. To learn new ways of thinking that the best performers in all walks of life use.
4. To address an area you are concerned about but don’t know how to improve it.
5. To make you a total athlete!

For Mental Training to be Successful You Must:

1. Have a growth mindset – be open to learning new things, and willing to take challenges head on. Set improvement goals and stay focused on them.
2. Commit – be willing to practice mental skills on and off the court, as well as stick with it when it doesn’t immediately lead to winning or even success.
3. Be Consistent – meet with your mental trainer regularly (typically once per week), work on your skills every day at practice and at home.

Being mindful at practice by using what you’re learning and doing 10 minutes of mental training off-court per day can make all the difference!

What Mental Skills Can You Learn? Here are 12 Skills:

1. Self-Awareness
2. Focus: Being Present and Engaged
3. Goal-Setting and Goal Striving
4. Disciplined Self-Talk
5. Visualization/Imagery
6. Confidence
7. Resilience
8. Stress and Energy Management
9. Relaxation and Breathing
10. Communication
11. Leadership
12. Time Management, Prioritizing, and Organization