

> SELF-BELIEF FOR SUCCESS

The right attitude can make all the difference if you're struggling for self belief. **NATHAN & GISELLE MARTIN** explain

Motivation can wane when a player is struggling to see consistent improvements, both on and off court.

A plateauing game - or even worse, an injury - are often turning points that lead a player to question their processes.

When this happens, we like to remind the player of one of our favourite quotes: "Champions do not become champions on the court. They

are merely recognised on the court. They become champions in their daily routine. Players do not really decide their future. They decide their habit, then their habits decide their future."

The quote is a powerful reminder of the importance of being proactive

with good fitness habits to become a champion on the court.

Ever found yourself losing confidence in your fitness levels or game? That is when it is most important to become a champion in daily routines and make positive changes to rebuild confidence and motivation levels.

Realising changes can be made instantly is often enough to shift a player's thoughts and make them see things differently. This will help improve motivation and confidence - and the better results on court will start to follow.

POSITIVE PROCESSES: Dominika Cibulkova, Rafael Nadal and Roger Federer understand how practice provides many rewards.



The first three steps to make the needed changes are:

1 Begin with simple changes

Simple changes are often the easiest to make, yet still have a large impact. Ask what are three things you could do right now to improve yourself and your game? There is no need to think too hard - achievable changes include showing up to future sessions on time, demonstrating a better attitude, spending more time warming up or doing one extra tennis workout per week.

2 Communicate

Discuss the planned changes with someone else and commit to making them. This encourages accountability - the confidante can keep an eye on your progress and becomes someone to answer to.

3 Be proactive

Start the process immediately. Commitment is most important, so snap out of your old habits, create new ones and just go for it. Nothing will ever change, if you don't change what you do. **ATM**

STAR TRAINERS

NATHAN AND GISELLE MARTIN, of Tennis Fitness, have been in the health and fitness industry for 20 years. They travelled on the WTA Tour for numerous years and also worked at the Sanchez Casal Tennis Academy in Barcelona, Spain. They've worked with Sam Stosur, Svetlana Kuznetsova, Jennifer Capriati, Arantxa Sanchez Vicario, Monica Seles and Martina Navratilova. The Sydney-based pair now work with Casey Dellacqua and Lleyton Hewitt. For further information and for previous month's articles, visit tennisfitness.com.



To download a copy of our *Tennis Fitness - Tennis Monitoring Sheet* go to <https://tennisfitness.leadpages.net/tennis-monitoring-sheet>