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Your coach asked you to keep a tennis journal? Ugghh! What a pain! Why would she ask you to write in a journal? How could that actually help your tennis? Experienced players know that journaling is an effective way to improve and it is not painful!

Someone that has a Learning Mindset is continually focused on getting better every day. Players that improve faster than their opponents have 3 very important learning habits. They:

1. **SET GOALS:** They set goals prior to practice. They have a plan for practice.

2. **EXECUTE:** They work on their goals and give themselves feedback as they practice. They are engaged and aware of what they are learning as they practice.

3. **REFLECT:** They think about goals they achieved in today’s practice and what they want to achieve in the next practice. They set goals for the next day.

Benefits of Journaling:

1. Helps you **remember** goals. It keeps you focused on what is important for you.

2. All of your thoughts on paper so you can clearly see what is important and **find solutions** to problems.

3. Writing or typing in a journal helps you **commit** to your goals.

Getting Started – buy a notebook or get the Player Development Journal which has sample questions for you to answer.

Follow this link: https://www.usta.com/About-USTA/Player-Development/Player-Resources-Main

Put the journal where you will see it every day (in your tennis bag). Put a pen or pencil with the journal.

What to write about – writing a journal is a personal choice, write about what helps you. At first, keep it simple. Write what you achieved today and what you want to achieve tomorrow. Then focus on how you played, what you learned, what you would do differently, did you follow your game plan, did you work on your goals, physical and mental strategies you used and how they worked.

How to write – be detailed and specific. The journal is to help you remember and apply what you are learning.

When to write – cool down and stretch after your practice, then write while you eat a snack and hydrate. If that is not possible then write while someone drives you from practice. Writing just before you go to bed is also good so you reflect on your day and prepare for tomorrow.

How to use what you are writing to improve as a player – look at your journal entries at the end of the week. Look at what goals you achieved. Congratulate yourself on your accomplishments. Look at what goals remain to be achieved. Get excited to work towards those goals. Look at what you did each day to achieve your goals. Plan what you will do in the next week to achieve more goals.

Tips on Journaling:  
http://www.writingathletes.com/pro-athletes-write.html  
http://www.journalingsaves.com/how-to-journal/
Compete Like a Champion

Defining the Mission

Engaged – full focus on what matters in the moment

Resilient – ability to bounce back and refocus when facing adversity

Professional – demonstrates character, exhibits behaviors and attitudes of an athlete that is consistently prepared to practice and compete with full engagement

Respectful – acts in the way of appreciation, courteous to others, focused on the best in others, honors rules of game

Tough – endures periods of hardship and adversity in training and competition, accepts challenges fully motivated to succeed, embraces pressure, physically and emotionally strong

Determined – pushes through adversity and struggle, and continues to strive for success in a positive, productive manner

Confident – unshakable self-belief in abilities and skills, expects to be successful

Created from the values of the USTA Player Development national coaching staff by Dr. Larry Lauer. Thanks to Player Development leadership for their support of the campaign and USTA Marketing and specifically Meg Angeletti for their support in creating the banner and disseminating it to the American tennis public.
## Gamestyles

<table>
<thead>
<tr>
<th>Game Styles</th>
<th>Characteristics</th>
<th>Tactical Patterns*</th>
</tr>
</thead>
</table>
| **Counter-Attacker** | Counter-attackers are able to hit their targets with a high percentage of first serves. It is important that they are able to serve well enough so they are able to start each service point in a neutral position. They tend to utilize a good three-quarter first serve in order to keep their first-serve percentage high. Gilles Simon and Caroline Wozniacki are two counter-attackers with good serves.  
  - Very consistent from the baseline (solid from both sides)  
  - Great mover on the court, especially in a defensive capacity  
  - Patient and persistent, with great ability to read opponents  
  - Redirects pace (uses opponent’s power)  
  - Absorbs power well  
  - Changes pace very well to throw off an aggressive player’s rhythm  
  - Possesses effective passing shots and is able to mix in the offensive lob | “Half X” — short angle deep cross-court, deep cross-court short angle  
  - Keeps the ball deep and moves the opponent side to side; mixes in shots behind  
  - Cross-court to cross-court, then recognizes the short ball and redirects it down the line  
  - Serves into the body, first ball high and heavy, to push opponent back off the baseline  
  - Slices backhand (BH) shorter cross-court, high heavy back behind (keeps opponent off balance) |
| **Aggressive Baseline** | Aggressive baseliners tend to hit a bigger first serve in order to win free points. Their main goal is to use effective serve-plus-one patterns (serve wide, first ball open court; serve “T”, first ball behind). Aggressive baseliners like to start each service point in control of the middle of the court. Novak Djokovic and Victoria Azarenka are two aggressive baseliners with strong serves.  
  - Uses the forehand (FH) to dictate points  
  - Covers 2/3 of the court or more with the FH  
  - Looks to take ground and take time whenever possible  
  - Able to give ground when necessary  
  - Likes to play when holding a lead  
  - Very solid BH with the ability to mix in an effective slice | Able to take the cross-court rally ball and change direction down the line with different spins and height with excellent control  
  - Multiple inside-out FHs to set up an inside-in FH or BH down the line  
  - Aggressive cross-court BH to set up a BH inside-in  
  - Takes time on the BH side by driving the ball down the line to set up the FH that can go back down the line or cross court  
  - Starts the point with an aggressive middle ball that pushes the opponent back, so he/she can then take the short ball to either side  
  - Serves wide first ball to open the court  
  - Serves T first ball behind  
  - Serves plus FH |
| **All-Court Player** | All-court players are able to hit big serves to precise targets. They are able to keep their opponents off balance by mixing up the speed, spin and placement of their serves. They are looking to take control of the points and apply immediate pressure. This is all set up with efficient and effective serving. Roger Federer and Serena Williams are two great examples of all-court players with dominant serves.  
  - Takes the longest time to develop, as more skills are required to be truly effective in all areas of the court  
  - Has excellent continental grip skills (volley, half volley, slice BH, overhead, serve)  
  - Efficient and effective mover; likes to take ground and give ground with good diagonal movement  
  - Great court position which allows to attack short balls effectively  
  - Mixes up pace (speed, spin, height)  
  - No apparent weakness; comfortable, confident and competent in all parts of the court  
  - Great composure on the court, which leads to good decision making and problem solving  
  - Out-of-the-air skills: swing volley from mid-court, or close on the shorter volley to drive from the mid-court area  
  - Most adaptable player; is able to adjust to different styles of opponents and different conditions  
  - Very effective at attacking second serves to gain control of the points | Moves opponent around the court to expose his/her weakness  
  - Mixes up the speed, spins, heights and depth on the ball  
  - Big inside-out FH, then take the ball out of the air to the open court (with slower players) and/or behind (faster players)  
  - Short chip to BH side the hits a deep ball to the other side  
  - Drives the opponents deep and able to step inside the court and to disguise the FH drop shot  
  - Serves and volleys as a surprise tactic or when he/she is up in a game (looking to close out the game)  
  - Serve plus FH patterns |

*These tactical patterns assume that two right-handed players are playing against each other.*
## Gamestyles

<table>
<thead>
<tr>
<th>Style Variations</th>
<th>Characteristics</th>
<th>Tactical Patterns</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serve and Volley</td>
<td>• More comfortable in the front court, finishing points off at the net</td>
<td>• Serves wide, first ball to open court</td>
</tr>
<tr>
<td></td>
<td>• Looking to put instant pressure on the opponent’s return</td>
<td>• Serves T, first volley behind</td>
</tr>
<tr>
<td></td>
<td>• Hits spots on serve very well and volleys to the appropriate spot on the court</td>
<td>• First volley deep, second volley short</td>
</tr>
<tr>
<td></td>
<td>• Playing match on your terms and at your rhythm</td>
<td>• First volley to weaker side</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Defensive volleys keep deep and in front of you</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Volleys deep middle to take away the angles for passing shots</td>
</tr>
<tr>
<td>Chip and Charge / Hit and Charge</td>
<td>• Strong slice BH</td>
<td>• Deuce court taking a kick serve down the T and penetrating it down the line or down the middle</td>
</tr>
<tr>
<td></td>
<td>• Putting instant pressure on the server to make them come up with a passing shot</td>
<td>• Drive the FH/BH to BH corner and attack</td>
</tr>
<tr>
<td></td>
<td>• Great at taking your time away</td>
<td>• Deuce: run around FH down the line and attack</td>
</tr>
<tr>
<td></td>
<td>• Takes the ball early with very strong racquet skills (controlling the racquet head on balls that have different speeds and spins)</td>
<td>• Ad side: chip down the line and charge</td>
</tr>
<tr>
<td></td>
<td>• Compact swings and good on-the-rise skills</td>
<td>• Ad side: FH inside-out to BH and attack</td>
</tr>
<tr>
<td></td>
<td>• Good timing on split step and loading on the outside leg, which allows them to have a strong first step toward the net</td>
<td></td>
</tr>
</tbody>
</table>

### Game Styles

<table>
<thead>
<tr>
<th>Counter-attacker</th>
<th>Aggressive Baseline</th>
<th>All-Court Player</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Be patient</td>
<td>Depth is key</td>
</tr>
<tr>
<td></td>
<td>Comfortable playing extended rallies (make fewer mistakes)</td>
<td>Move your opponents (don’t let them get comfortable)</td>
</tr>
<tr>
<td></td>
<td>Play with big margin to big targets</td>
<td>Be able to use their pace and redirect the ball down the line to the open court off a cross-court exchange</td>
</tr>
<tr>
<td></td>
<td>Early part of the match sets the tone</td>
<td>Serve a high percentage of first serves as they will attack your second serve</td>
</tr>
<tr>
<td></td>
<td>Create angles</td>
<td>Serve body, then first ball high and heavy to open court to get them off the baseline</td>
</tr>
<tr>
<td></td>
<td>Use the short slice to draw the player into the net on your terms</td>
<td>Return deep middle to eliminate giving them any angles off first ball</td>
</tr>
<tr>
<td></td>
<td>Start out moving the player to the open court, once the open court has been established, hit behind to catch the opponent off balance</td>
<td>Two-shot passing shot combos; mix in the lob early to get them off the net</td>
</tr>
<tr>
<td></td>
<td>Gain advantage by attacking the second serve</td>
<td>Try to keep the ball out of their strike zone (either high and heavy or chip low with slice)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Slow down the pace of the match; they like to play with the lead and at a higher tempo</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Half X: deep cross-court (high and heavy) to short angle</td>
</tr>
</tbody>
</table>

### Counter-attacker

- Be patient
- Comfortable playing extended rallies (make fewer mistakes)
- Play with big margin to big targets
- Early part of the match sets the tone
- Create angles
- Use the short slice to draw the player into the net on your terms
- Start out moving the player to the open court, once the open court has been established, hit behind to catch the opponent off balance
- Gain advantage by attacking the second serve
## Gamestyles

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<tr>
<td><strong>Aggressive Baselineer</strong></td>
<td>• Aggressive swings with margin to big targets; they can’t hurt you with any one shot, so patience is key</td>
<td>• High and heavy to the weaker side &lt;br&gt; • Make the opponent move with good change of directions &lt;br&gt; (control the cross-court rally and change direction to get opponent on the move when you are ahead in the point) &lt;br&gt; • Keep the ball deep in the court; don’t allow your opponent to step up and control the middle of the court &lt;br&gt; • Use the BH cross-court to open up the inside-in FH &lt;br&gt; • Serve patterns: serve wide, first ball open court; serve &quot;T&quot;, first ball behind. &lt;br&gt; • Return big middle on first serves, more aggressive targets on second serve returns &lt;br&gt; • Serve plus FH look to dictate 2/3 of the court with the FH</td>
<td>• Keep the ball deep and moving &lt;br&gt; • Serve plus FH; dictate with the FH &lt;br&gt; • Look to control the middle of the court (must win that battle) &lt;br&gt; • Be aggressive on 2nd serve returns; look to dictate &lt;br&gt; • High percentage of 1st serves &lt;br&gt; • Take the ball on the rise; look to take time away with good recognition and your feet. Get them out of their comfort zone &lt;br&gt; • Half X: use angles when appropriate to open up the court and look to play aggressive to the open space</td>
</tr>
<tr>
<td><strong>All-Court Player</strong></td>
<td>• Take the ball early: give the opponent less time, create greater angles to open up the court &lt;br&gt; • Play high and heavy to the weaker side &lt;br&gt; • Be patient but attack whenever a good opportunity presents itself &lt;br&gt; • Look to take balls out of the air when the opponent is on the defensive &lt;br&gt; • Short chip to the BH side to draw them into the front court, where they are less comfortable &lt;br&gt; • Attack the second serve (can come in behind if it is the right ball) &lt;br&gt; • Approach deep middle to take away the angles on the passing shot or keep the ball in front of you (down the line) &lt;br&gt; • Serve and volley in games where you have the advantage</td>
<td>• Mix up your shots &lt;br&gt; • Slice BH shorter in the court to draw opponent out of their comfort zone &lt;br&gt; • Change the speed, spin, height, and depths of the balls to keep opponent from establishing a good rhythm &lt;br&gt; • Vary how and when you attack the net; aggressive baseliners like a target so keep them off balance &lt;br&gt; • When attacking, mix your volleys between open court, behind, and short. &lt;br&gt; • Serve big into the body so they cannot extend their arms &lt;br&gt; • Mix in serve and volley as well as serve and staying back to keep the opponent guessing on their return &lt;br&gt; • Be willing to play defense and make them hit one more ball &lt;br&gt; • Work to get as many serves back and challenge them on each service game; keep the pressure on</td>
<td>• Put pressure on your opponent by take control of the point early and looking to attack short balls &lt;br&gt; • Play to the weakness to draw errors and shorter balls &lt;br&gt; • Have the ability to play to the strength to open up the weakness &lt;br&gt; • Controlling court position is key: look to take time with good ball recognition and strong footwork to establish better court position; this will allow you to control the tempo of the match &lt;br&gt; • Be willing to run and defend to force opponent to play closer to the lines &lt;br&gt; • Keep your opponent moving and off balance (hitting behind) &lt;br&gt; • Two-shot passes; pass in combinations if a clear passing lane doesn’t present itself &lt;br&gt; • Concentrate on high-percentage tennis; aggressive with margin, with big shots to big targets &lt;br&gt; • Serve plus FH combos work well to win points or gain advantage</td>
</tr>
</tbody>
</table>
Developing Your Game Plan

There are four sections to your Match Game Plan:

1. ABCs (process goals for the match)
2. Pre-Match Preparation Plan
3. During Match Routines
4. Post-Match Plan

In this section we describe how to develop your Match Game Plan (MGP).

Process Goals: The ABCs

Before every match you want to have clear goals in mind. This will help you stay focused on “how” to play versus on the “what ifs” (what if win, lose, etc.). As you will hear often from Player Development coaches, you want to focus on the process during the match. So set three (3) process or “how to” goals that if you do them it will unlock your best performance. For example, one player may write in:

1. Bounce on my toes
2. Play aggressive
3. Big targets

These become this player’s “ABCs” or the basic process for how to play the match.

Think for a moment about your ABCs. What does your coach tell you are the keys to playing well? What do you think you do when you are playing your best? On the next page, on the Match Game Plan, write in your ABCs (process goals).

Pre-Match Preparation Plan

The top tennis players in the world have a consistent way of getting ready for matches. This is something you want to begin developing for your own game. While a touring pro will have a number of things he or she does to get ready, let’s keep it simple for you at this time.

We want you to come up with several behaviors that you will do before EVERY match because it helps you to be ready, energized and focused. Take a moment to think about a time when you played great tennis. Then answer these questions in your mind:

- How did you feel prior to the match? (Write in specific words that describe how you felt. Players have talked about things like feeling loose, in control, pumped up, focused, energized, relaxed, calm, etc.)
- What were you thinking prior to the match? (Write in specific thoughts. Did you have doubts? Focused on your game plan?)
- How much energy did you have? (Give yourself a number between 0 and 100; 0 = no energy/flat, 50 = energized, 100 = overly energized/too much.)
- What did you do before the match? (Write in specific behaviors like gripped your racquet, did a dynamic warm-up…)

What you have listed is hopefully a “target” for where you want to be on match day. Now the goal is to come up with “how” you will get there consistently: a preparation plan.
Developing Your Game Plan

Rest and the Day Before
Rest is important to having good energy the day of the match. Rest is usually thought of as sleep and that is how we will treat it here. In general, you want to do several things to be rested and ready:

1. Get consistent sleep throughout the week leading up to your match. Avoid sleeping 12 hours one night and then 4 the next. It is hard on the body and instead, you want to plan for a time range when you go to bed (knowing that you will play a lot of 8 a.m. matches in your junior tennis career).

2. Finally, you want to plan to wake up at least 2 hours before your match. Your body needs time to wake up, and you need time to prepare.

Physical Preparation
This is getting the muscles loose, warmed up, the heart going, etc. The day before it is practice and the cool down after practice.

Dynamic Warm-Up
Dynamic warm-up and flexibility training is an essential element of any pre-practice or pre-competition routine and helps prepare the body for the demands of today's tennis game. An effective warm-up does five very important things for tennis players.

1. Increases body temperature, allowing muscles to work more efficiently.
2. Gets the heart and lungs ready for vigorous activity.
3. Stretches muscles actively, preparing them for the forces experienced during tennis.
4. Establishes proper movement patterns and the coordination needed in tennis.
5. Wakes up the nervous system and gets the brain talking with the muscles.

Here are exercises that make up an effective dynamic warm-up as well as examples of exercises for a proper shoulder warm up:

<table>
<thead>
<tr>
<th>Dynamic Warm-Up</th>
<th>Shoulder Warm-Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jogging w/ Progressive Arm Circles (Jog-Back pedal)</td>
<td>Lighter Bands, Smaller ROM with Quick Movement</td>
</tr>
<tr>
<td>Carioca (Shoulders square, rotate from hips down)</td>
<td>Scap Retractions (Elbows 90°, squeeze shoulder blades)</td>
</tr>
<tr>
<td>Knee-to-Chest Tuck (Maintain proper posture)</td>
<td>Rows (Shoulders down &amp; back, chest up)</td>
</tr>
<tr>
<td>Lunge w/ Reach Back (focus on balance)</td>
<td>Straight Arm Pull-down (Elbows straight)</td>
</tr>
<tr>
<td>Side Shuffle (Push off inside leg, swing arms across body)</td>
<td>Standing &quot;U&quot; &quot;Y&quot; &quot;T&quot; &quot;W&quot; (Elbows back, abs tight)</td>
</tr>
<tr>
<td>High Step w/ Trunk Rotation (Same side)</td>
<td>ER/IR (Elbow to side of body)</td>
</tr>
<tr>
<td>3 Way Jumping Jack x 10 Each</td>
<td>90/90 ER &amp; IR (Hand away from body, elbow stationary)</td>
</tr>
<tr>
<td>Inverted Hamstring (Flat back, Hips square)</td>
<td>Sprint 50/75/100% (Proper running form)</td>
</tr>
</tbody>
</table>
| Lateral Lunge (Push hips back) | Perform ALL exercises in a controlled manner with abs engaged – focus on deep breathing

For additional information on these exercises, visit www.usta.com and search “Dynamic Warm-Up”
Mental Preparation

When preparing for a match, you want your mind focused on simple game plans. You also want to be looking forward to the match and excited to play. Finally, you want to be thinking positive and productive thoughts that prepare you to play well.

Many elite junior and professional players will do some of the following things to prepare mentally:

The Day/Night Before – visualize for 5-10 minutes how they will play, make sure their bag is packed and their equipment is ready, and just relax and involve their mind in other activities (read a book, watch TV, listen to music).

The Day of the Match – players are gradually focusing more and more on their match. They want to keep the mind positive by giving themselves positive reminders and focusing on their ABCs. Many players will also visualize how they will play. The last 10-15 minutes before your match starts, you want to be 100% focused on the match and physically ready to go. So listening to music and doing a warm-up are often the “go-to” strategies for top players.

Warm-Up with Opponent – At this point, you want to get your heart pumping and feel like you’ve already started the match by giving a good, physical effort. Forget grooving, really hit the ball and get your rhythm at the speed you will play at in the match. Keep the mind focused in the moment by thinking about your goals and game plan.
During the Match

During matches you are looking to focus on every single point, one at a time. To do this you need routine for between points. The goal of the routine is to be fully ready to play the next point. This means you are fully focused, energized and believing in yourself and your game.

Green Light Routine (In Between Points)

A Green Light Routine means “go” and you use it between every point. When a point ends, players go through 4 distinct stages until the next point starts:

1. Respond – they have an immediate response to the point, either positive, neutral (meaning no reaction) or negative. Our goal is to respond positive or neutral at all times. Sometimes you will vent some negativity but that should be with your back to your opponent and quietly. A good behavior to start now is to turn your back to your opponent and focus on your strings.

2. Recover – next, you briefly review the last point and take some deep breaths to recover. Tennis is an exhausting sport; you want to get as much oxygen in your body as possible. So deep breaths in through the nose and out through the mouth are crucial.

3. Refocus – in this stage you have walked behind the baseline and move from thinking about the last point to the next point. Using a towel, touching the fence or just grabbing two tennis balls, you plan your next point and commit by thinking “I will do this…” (such as serve wide and hit forehand open court).

4. Ready – this is the stage where you face your opponent, walk to the baseline and are fully committed to your plan for the next point. Here it is good to bounce on your toes to activate your feet. Also, keep the mind simple by thinking short things like “attack,” “aggressive,” “patient,” “feet.”… On the serve you bounce the ball a certain number of times and you serve. On the return you sway back and forth and step in to the serve.

Now, on the Pre-Match Plan, fill in two (2) things under Green Light Routine that you will do to be ready to play each point.

Yellow Light Routine (Breathe and Believe)

Yellow Light means “caution” and you have to slow down and make a decision. It is when you are struggling a little. For example, down Love-30 on your serve, when nervous, tight or frustrated. You go to Yellow Light any time that you are off your focus a little.

In the Yellow Light we do more mental work and take more time to fully prepare for the next point. You should not step to the line until you are ready to play! So use a towel, wipe off and try to settle down.

Write in the Match Game Plan under Yellow Light Routine what you will do to bounce back and play well.
Nutrition

Pre- and Post-Match Tips for the Nutrition Advantage in Tennis

Pre-Match Eating and Hydration Guidelines
Select pre-match meals and snacks that are:

- Familiar and known to settle hunger
- High in moderate glycemic carbohydrates to supply energy for muscle reserves, moderate in protein and low in fat
- Quickly digested (not too high in fiber or fat)
- Best sport beverage choices – Gatorade, Powerade, Pedialyte, Isotar, Hydrafuel, Cytomax, Accelerade, Lucozade (10-14 gms carb and 100-200 mg sodium per 8 ounces or .25 L)

Meal Guidelines (3 hours prior to competition, 200-300 grams carbohydrate)

**BREAKFAST**
- Bagel with 1 tbsp. peanut butter and banana or oatmeal and toast with peanut butter
- 16 oz. water and/or isotonic sport beverage

**LUNCH**
- Turkey or grilled chicken sandwich with mustard
- Saltine crackers
- Apple
- 1 cup of skim milk
- 16 oz. serving of isotonic sport beverage and water

**PRE-MATCH SNACK**
(1-2 hours prior to competition)
- Fruit yogurt or banana or sport beans
- 1 cup of water
- 1 high carbohydrate energy bar – Clif, Powerbar types (> 30 gms carb, < 10 gms protein) or salty snack – i.e. pretzels
- 16 oz. isotonic sport drink

Hydration tips before players hit the court:

- Limit/avoid caffeinated beverages (iced teas, coffee and colas) especially right before and after match play. These may cause additional fluid loss in urine.
- The night before, fill and chill squeeze bottles or sports jugs and bring to each practice or match.
- Each player should have a minimum of 2 liters of either water or sports drink available courtside.
- Consume enough fluids throughout the day so urine is a light or pale yellow color before a match.
- Drink 2-3 cups of hydrating fluid within 2 hours pre-match, ideally sports drink, fruit juices and even chocolate milk.
Developing Your Match Game Plan

Following a match, it is very important to be disciplined in your “post-match routine” to ensure maximum recovery and to benefit from the information learned from the experience. A basic outline of your routine could look like this:

- Cool Down run (3-5 minutes)
- Stretch see list of cool down stretches to the right
- Post-match nutrition – see suggestions below on recommended post match nutrition tips
- Write journal entry on post-match evaluation and player scouting report

Post-Match Nutrition

Drink fluids and eat foods that replenish muscle energy stores and electrolytes lost in competition.

- Consume carbohydrates and proteins as soon as possible, preferably within 30 minutes of a match. Begin by drinking a sports drink as you walk off the court, ideally a sport beverage at this time, but chocolate milk is a good option to get in quick recovery protein! Target a 4:1 carbohydrate/protein ratio at this time.
- Replace 150 percent of body fluids lost or at least 16-24 oz. hydrating fluids per pound of weight loss within 2 hours of a match.
- Eat a high-carbohydrate meal (.45-7 gms/lb of carb) or recovery drink (at least 60 gms carb) that also contains a protein source (at least 20 gms pro) within 2 hours after play to maximize muscle glycogen recovery (rebuild energy stores) and to support protein synthesis in muscle.
- During tournament play, be sure to include carbohydrates, protein, fluid and sodium in the evening meal to quicken recovery from play. Consider lightly salting foods and consuming foods and beverages that are natural sodium sources. Chocolate milk is also an excellent choice at this time!
- Avoid high-protein and high-fat foods (such as loaded burger and fry meals) as these will contribute to dehydration and cause you to feel sluggish and have indigestion.

Example of Post-Match Meal

- 2-3 cups pasta with marinara and meat sauce (light in fat content)
- 1-2 slices of garlic bread (light on margarine)
- Salad with vinaigrette or low-fat dressing
- 2-3 cups of sport beverage or low-fat milk

OR

- 2-3 cups of Chinese-steamed rice with vegetables and chicken stir-fry
- 2-3 cups of sport beverage or low fat milk

Cool Down/Stretches ≥ 30sec. holds

- Sleeper Stretch
- Hamstring + Quadriceps + Calves + Chest/Shoulders
- Seated Groin Stretch (Back flat lean forward from hips)
- Pigeon (Hips square)
- Piriformis Stretch (Stretch lying on back)
- Hip Rotator Stretch (Up & across, shoulders down)
- Hip Flexor w/ Cross Arm Body (Front leg, opposite arm)
Developing Your Match Game Plan

Healthier Pre- and Post-Match Food Options

Restaurant Choices

**McDonalds:**
- Grilled chicken sandwich, hold the mayo
- Plain hamburger
- Yogurt parfait
- Side salad with light dressing (ranch, balsamic vinegar, etc.)

**Taco Bell:**
- Bean burrito, fresco style
- Soft chicken taco

**Wendy's and Burger King:**
- Grilled chicken sandwich
- Side salad with light dressing (use ½ dressing packet)
- Baked potato topped with broccoli
- Chili
- Veggie burger

**Subway/Blimpie:**
- Turkey sub, choose light or no mayo; oil is also a very heart healthy topping
- Ask for extra veggies
- Hold the cheese unless a light variety is available
- Try a whole wheat wrap instead of bread
- Side salad
- Broth-based soups

**Mexican:**
- Fajitas
- Ask server to hold on chips, or keep them out of reach
- A great alternative for chips is soft tortillas, which can be dipped in salsa

**Chinese:**
- Chicken, vegetable and rice dishes with the sauce served on the side
- Choose steamed rice
- Avoid egg rolls and fried rice

**Italian:**
- Spaghetti marinara and/or meat sauce, half portion, order sauce on the side, hold the bread
- Side salad with light dressing

Post-Match Evaluation

Areas to look at when filling out your post-match evaluation: What did I learn about my opponent’s game?

<table>
<thead>
<tr>
<th><strong>Technique (Hands)</strong></th>
<th><strong>Movement (Feet)</strong></th>
<th><strong>Tactical (Eyes and Mind)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Grips – extreme?</td>
<td>Change-of-direction skills</td>
<td>Defensive skills</td>
</tr>
<tr>
<td>Swing path – too big?</td>
<td>Ability to defend in/out of corners</td>
<td>Ball recognition skills</td>
</tr>
<tr>
<td>Continental grip skills</td>
<td>Balance</td>
<td>Court positioning</td>
</tr>
<tr>
<td>Serve versatility – predictable?</td>
<td>Split step</td>
<td>Execution under pressure</td>
</tr>
<tr>
<td>Volleying ability</td>
<td>Movement forward in court</td>
<td>Ability to give and take ground</td>
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Pre-Practice Worksheet

Date: ____________________________

Objectives of today's practice:
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__________________________________________________________________________________________________
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Two areas of focus (technical and/or tactical):
1. ____________________________________________
__________________________________________________________________________________________________
__________________________________________________________________________________________________
__________________________________________________________________________________________________
__________________________________________________________________________________________________

2. ____________________________________________
__________________________________________________________________________________________________
__________________________________________________________________________________________________
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Post-Practice Evaluation

Rate the following:

1. Engagement (listening to the coach, trying to execute the drill the correct way, making good technical and tactical decisions)
   - 1: Poor
   - 2
   - 3
   - 4
   - 5: Excellent

2. Energy Level & Effort (run for every ball, look to do your best)
   - 1
   - 2
   - 3
   - 4
   - 5: Excellent

3. Attitude (positive energy, positive body language, handled my mistakes well)
   - 1
   - 2
   - 3
   - 4
   - 5: Excellent

How did you improve your two (2) areas of focus:

__________________________________________________________________________________________________
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What did you learn in practice and what can you improve on in the next practice:

__________________________________________________________________________________________________
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Pre-Practice Worksheet

Date: ______________________________

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Player Journal

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# Player Journal

## Post-Practice Evaluation

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Pre-Practice Worksheet

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Player Journal

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Player Journal

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What did you learn in practice and what can you improve on in the next practice:

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Pre-Match Plan

Date: ____________________________

Process Goals: The ABCs

1. _________________________________________________________________________
2. _________________________________________________________________________

Mental and Emotional Goals During the Match

Green Light Routines (In Between Points)

1. _________________________________________________________________________
2. _________________________________________________________________________

Yellow Light Routine (Breathe & Believe)

1. Breathe ___________________________________________________________________
2. Believe ___________________________________________________________________
Post-Match Evaluation

Post-Match Routine

1. 

2. 

Explain how you achieved your process goals:

The positive areas of the match were:

1. 

2. 

Positive adjustments made during the match (technical, tactical and competitive)

1. 

2. 

The areas to be improved:

1. 

2. 

If you had to play the match again, what would you do differently?

________________________________________________________________________________________________________________________________________________________
Player Scouting Report/Post Match Evaluation of Opponent

Opponent name: ________________________________________________

Date: _____________________________ Tournament: ________________________

Surface: ___________________________ Score: _____________________________

Opponent’s Style of Play (counter-attacker, aggressive baseliner, all-court player):

_____________________________________________________________________

Opponent’s Strengths

_____________________________________________________________________

Opponent’s Weaknesses

_____________________________________________________________________

My Strengths

_____________________________________________________________________

My Weaknesses

_____________________________________________________________________

My two main strategies that I will use the next time I play this opponent will be:

1. _________________________________________________________________

2. _________________________________________________________________
Player Journal

Journal Entry Notes

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Pre-Match Plan

Date: ____________________________

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1. __________________________________________________________
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Mental and Emotional Goals During the Match

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1. _______________________________________________________________________________________________________
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Yellow Light Routine (Breathe & Believe)

1. Breathe _________________________________________________________________________________________________
2. Believe _________________________________________________________________________________________________

Tactical game plan set prior to match

1. 

2. 

3. 

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Player Journal

Post-Match Evaluation

Post-Match Routine

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Player Journal

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Date: ____________________________ Tournament: _____________________________

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Player Journal

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Pre-Match Plan

Date: ________________________________

Process Goals: The ABCs

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Mental and Emotional Goals During the Match

Green Light Routines (In Between Points)

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Player Journal

Post-Match Evaluation

Post-Match Routine

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Player Journal

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Pre-Match Plan

Date: ______________________________

Process Goals: The ABCs

1. __________________________________________________________________________
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Mental and Emotional Goals During the Match

Tactical game plan set prior to match

1. ______
2. ______
3. ______

Green Light Routines (In Between Points)

1. __________________________________________________________________________
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Yellow Light Routine (Breathe & Believe)

1. Breathe _____________________________________________________________________
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Player Journal

Post-Match Evaluation

Post-Match Routine

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Opponent name: ________________________________________________________________

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Journal Entry Notes

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Pre-Match Plan

Date: ______________________________

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Mental and Emotional Goals During the Match

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Pre-Match Plan

Date: _____________________________

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Mental and Emotional Goals During the Match

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Tactical game plan set prior to match

1. _____________________________________________
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3. _____________________________________________
Player Journal

Post-Match Evaluation

Post-Match Routine

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Pre-Match Plan

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Mental and Emotional Goals During the Match

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Post-Match Evaluation

Post-Match Routine

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Pre-Match Plan

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Tactical game plan set prior to match

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3. __________________________________________________________________________

Mental and Emotional Goals During the Match

Green Light Routines (In Between Points)

1. __________________________________________________________________________

2. __________________________________________________________________________

Yellow Light Routine (Breathe & Believe)

1. Breathe _____________________________________________________________________

2. Believe _____________________________________________________________________
### Post-Match Evaluation

#### Post-Match Routine

1. 

2. 

#### Explain how you achieved your process goals:

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#### The positive areas of the match were:

<p>| | |</p>
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<tbody>
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<td>1.</td>
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#### Positive adjustments made during the match (technical, tactical and competitive)

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#### The areas to be improved:

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If you had to play the match again, what would you do differently?

---
Player Scouting Report/Post Match Evaluation of Opponent

Opponent name: ________________________________________________________________

Date: ___________________________ Tournament: ____________________________

Surface: _________________________ Score: ________________________________

Opponent’s Style of Play (counter-attacker, aggressive baseliner, all-court player):
______________________________________________________________________________

Opponent’s Strengths
______________________________________________________________________________

______________________________________________________________________________

Opponent’s Weaknesses
______________________________________________________________________________

______________________________________________________________________________

My Strengths
______________________________________________________________________________

______________________________________________________________________________

My Weaknesses
______________________________________________________________________________

______________________________________________________________________________

My two main strategies that I will use the next time I play this opponent will be:
1. ________________________________________________________________

2. ________________________________________________________________
Pre-Match Plan

Date: ____________________________

Process Goals: The ABCs

1. __________________________________________
2. __________________________________________

Tactical game plan set prior to match

1. __________________________________________
2. __________________________________________
3. __________________________________________

Mental and Emotional Goals During the Match

Green Light Routines (In Between Points)

1. __________________________________________
2. __________________________________________

Yellow Light Routine (Breathe & Believe)

1. Breathe ______________________________________
2. Believe ______________________________________
## Player Journal

### Post-Match Evaluation

**Post-Match Routine**

1.  
2.  

**Explain how you achieved your process goals:**

The positive areas of the match were:

1.  
2.  

**Positive adjustments made during the match (technical, tactical and competitive)**

1.  
2.  

**The areas to be improved:**

1.  
2.  

If you had to play the match again, what would you do differently?

________________________________________________________________________________________

________________________________________________________________________________________
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Opponent name: ____________________________________________________________

Date: ____________________________ Tournament: ___________________________

Surface: __________________________ Score: ________________________________

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________________________________________________________________________

Opponent’s Strengths

________________________________________________________________________

________________________________________________________________________

Opponent’s Weaknesses

________________________________________________________________________

________________________________________________________________________

My Strengths

________________________________________________________________________

________________________________________________________________________

My Weaknesses

________________________________________________________________________

________________________________________________________________________

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1. ____________________________

2. ____________________________
Pre-Match Plan

Date: __________________________

Process Goals: The ABCs

1. __________________________________________________________________________

2. __________________________________________________________________________

Mental and Emotional Goals During the Match

Green Light Routines (In Between Points)

1. __________________________________________________________________________

2. __________________________________________________________________________

Yellow Light Routine (Breathe & Believe)

1. Breathe ___________________________________________________________________

2. Believe ___________________________________________________________________
Player Journal

Post-Match Evaluation

Post-Match Routine

1. 

2. 

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__________________________________________________________________________
Player Journal

Player Scouting Report/Post Match Evaluation of Opponent

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Opponent’s Strengths

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Opponent’s Weaknesses

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My Strengths

________________________________________________________________________

________________________________________________________________________

My Weaknesses

________________________________________________________________________

________________________________________________________________________

My two main strategies that I will use the next time I play this opponent will be:

1. __________________________________________________________

2. __________________________________________________________
Player Journal

Journal Entry Notes

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Journal Entry Notes

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Compete Like a Champion

Defining the Mission

Engaged – full focus on what matters in the moment

Resilient – ability to bounce back and refocus after failure

Professional – demonstrates character, exhibits behaviors and attitudes of an athlete that is consistently prepared to practice and compete with full engagement

Respectful – acts in the way of appreciation, courteous to others, focused on the best in others, honors rules of game

Tough – endures periods of hardship and adversity in training and competition, accepts challenges fully motivated to succeed, embraces pressure, physically and emotionally strong

Determined – pushes through adversity and struggle, and continues to strive for success in a positive, productive manner

Confident – unshakable self-belief in abilities and skills, expects to be successful

Created from the values of the USTA Player Development national coaching staff by Dr. Larry Lauer. Thanks to Player Development leadership for their support of the campaign and USTA Marketing and specifically Meg Angeletti for their support in creating the banner and disseminating it to the American tennis public.