

## TENNIS MENTAL GAME - **PREGAME**

### DO THIS



#### 1. Do Your Job On the Courts.

Come prepared to play, hit the smart shots, support your partner, and execute a game plan. When your hits are off, figure it out and FIX IT right away (be on your toes, watch the ball, get ready for each shot, lead with your racquet, etc.)

**2. Embrace Rituals.** Simple rituals that you perform helps condition the mind to link that ritual to a successful point. “Muscle memory”. These also help clear your mind and make you more focused.

**3. Keep Your Eyes on the Courts.** We have a tendency to latch onto points of interest (i.e. people walking by, the dog barking). This takes a small % of our mental energy and attention and distracts us. Refocus quickly on the ball, your racquet, your plans for the next point.

**4. Focus on the Positive.** Remember that the future is not set and that you can (and should) be focusing on creating a better future. Keep the mindset of getting success, rather than avoiding failure.

**5. Breathe.** Breathing slowly between points helps players regain composure and relax, and this in turn improves their technique and power. So simple!

### NOT THAT



#### 1. STOP: Focusing on Outcomes.

Placing high expectations on performance outcomes creates anxiety and the Y/N results is counter-productive. Focus on the journey. Whether you won poorly or lost well – what did you learn?

**2. STOP: Leaving self-confidence to chance.** If a few strong/weak plays dictate your confidence, you’re in trouble. Believe in your game. You’ve won many games, served many serves, prepared well.

**3. STOP: Letting a recent loss or poor shot get into your head.** There is no place for negative visions/thinking in your game. Each point is a NEW point (now, if you are golfing...)

**4. STOP: Overthinking.** Overthinking tends to generate errors and mistakes in what we do. We get into an “analysis paralysis”. If you make a bad shot, instead of focusing on that or trying to analyze it, you should go into your next shot clean and positive. Save the analysis for later.

**5. STOP: “Playing Your Game” without a real game plan.** You should never enter the courts without a game plan which plays to your strengths and your opponent’s weaknesses.