

# Tennis Word Search

By: Melissa Engel

T D T E M A T C H L S D  
B E E R V J K S L O K N  
W E N I A D F L L V D A  
D D A N W C C I N E S H  
M T C R I N K C Z C E K  
W Q T V E S S E T F O C  
H D E R R G C W T T H A  
F O R E H A N D A W S B  
U Y S R E N N I W S K Q  
Y E L L O V K A N N Q R  
J U I N T S F W O U T M

tennis

volley

slice

out

forehand

racket

backhand

winners

love

shoes

set

in

## MENTAL TOUGHNESS OUTLINE

Chris Michalowski, USPTA

### **I. My experience**

- a. self-realization (where I actually was)
- b. Imagery (lemon, Free throw groups, watching a match on T.V.)

### **II. What is mental toughness?**

The ability to stay focused on the task at hand, no matter what the circumstances. (Different for everybody)

### **KEY: CONCENTRATION (1.)**

**What it isn't:** It is not pushing out thoughts, it is not analysis, it is not thinking about the past or the future and it isn't trying hard to pay attention.

**What it is:** It is the art of focusing one's attention on a task, an object, an experience or a goal. It is a natural and effortless fundamental of the mind. It means living in the present. The past and the future does not exist.

### **III. Point-by-point concentration.**

#### Points--Games--Sets--Matches

- a. Points are the building block. Stay focused on the same task point-by-point.(Don't think ahead. Don't think about the game score or the set score)
- b. Don't play the score. Remember how you got there in the first place.

#### **EX.**

- a. "O.K. I'm up 40 - Love, I just need this point."
- b. " I'm up 5-2, I'll just play it safe and close out the set."

\* If you keep thinking about one certain strategy or tactic continuously throughout the set, instead of letting your mind wander, you will be pretty good at doing it by the end of the set.

\* It will be difficult for your opponent to take control of the momentum.

## TIPS TO REMEMBER

### **CHAMPIONS ARE ORDINARY PEOPLE DOING EXTRAORDINARY THINGS.(2.)**

- 1. If you get yourself in the right frame of mind, then you can find out how good you can be( point-by-point).**
- 2. Milk your strengths as a source of confidence.**
  - a. If your BH is weak, hit as many FH as you can to build your confidence.**
  - b. If your flat first serve is off, hit some harder slice serves as first serves and go back to your flat serve later after your confidence is up.**
- 3. If you have trouble thinking positive, that's O.K. Just eliminate all the negative thoughts from your mind and whatever is left will be fine.**
- 4. Playing in "THE ZONE."**
  - a. It is hard to reproduce the "zone" feeling.(It just happens)**
  - b. The players who are great are great because of how they play when they are not in the "zone"**
- 5. Prepare for the worst in addition to envisioning the best.**
  - a. self realization**
- 6. Tennis is a game of mistakes(90%)**
  - a. Whoever scores the best while making mistakes wins**
- 7. The player that has to give him/herself a positive pep talk after every point shows a lack of confidence. The player who trusts his/her own skills can free it up and let it happen.**
  - a. Repetition builds confidence. (PRACTICE!)**
- 8. The best swing thought is no thought. (Think mechanics in practice, perform in matches).**

**FIND OUT WHAT WORKS BEST FOR YOU AND KEEP IT SIMPLE.**

**GREAT PLAYERS ARE NOT AFRAID TO LOSE.**

1. Taken from Stan Kellners "Taking it to the limit" with Basketball Cybernetics.  
2. Taken from Wall Street Journal article on Doc Rotella

MENTAL TOUGHNESS- Training Tips For Better Tennis

12 Tips to help you become more MENTALLY TOUGH, Taken from Dr. Jim Loehr's Mental Toughness video cassette.

1.) EYE CONTROL

- We need to be able to control our visual field of view.
- Keep your eyes from wandering too much when playing and practicing to keep concentration and intensity.
- Pick a spot on the strings, ground, or ball between points and focus your attention on that point. This is a good way to keep your concentration and intensity.
- Keep eye control both during and between points.
- Train constantly on keeping your mental focus under control.

2.) RITUALS

- There are 2 components that involve rituals, PHYSICAL and MENTAL.
- PHYSICAL RITUALS include such things as gestures, motions, and movements. ( usually before serving and service return )
- MENTAL RITUALS include following the same steps between points. Thinking about what you want to happen on the next point and seeing yourself doing it, seeing yourself hitting the perfect stroke.
- These rituals help relax you during match play.
- Develop your own rituals and follow them religiously. Keep them precise.

3.) PACE

- In a match, YOU take control of the pace, MENTALLY and PHYSICALLY.
- Don't rush yourself.
- When you get finished playing a long point, take your time, get relaxed, and then get ready to play out the next point.
- Get your breath back before starting the next point.
- Don't dart your eyes around or walk quickly around the court. This causes tension and prevents you from being relaxed.
- Get centered, clear emotions, and then play out the point.
- Develop a sense of pace that works best for you and follow it under pressure.

## MENTAL TOUGHNESS(con't)

### 4.) BREATHING

- You must be able to control your breathing during and between points.
- Breath in as ball approaches you.
- Breath out as you make contact with the ball. This lengthens the stroke and helps you relax during a point.
- Saying YESSSSSSSS as you hit the ball is a good way of applying this technique.
- Take a deep breath whenever you get in a tight situation or when you get nervous.
- It takes at least three weeks of intense training to get your breathing synchronized.

### 5.) INTENSITY

- Become absolutely involved in what you are doing.
- Moving fast and quick, putting every ounce of yourself into play, but still being relaxed is the key to having good intensity.
- Always play and practice with the same intensity, trying to keep it as high as possible.
- This is one of the most, if not the most, important factors concerning mental toughness.

### 6.) CONFIDENT FIGHTER IMAGE

- The feelings that you project on the outside of your body, mold what you feel on the inside of your body.
- Project confidence on the outside of your body and it will make you feel confident on the inside.
- Show confidence in your calls and body gestures.
- You have to project it to feel it.

### 7.) RELAXATION/ CALMNESS

- Relax the muscle groups of your body while still keeping the mind intense.
- Tune in on your muscles and try to feel the relaxation in them. Tune into calmness in the muscles during play and practice.
- Shake arms and hands between points to make sure that they are loose. This helps relieve tension.
- Loose muscles make you quicker.
- Take racket out of dominant hand between points so it is not contracted.
- Relax and stay loose, but have a lot of energy.

## MENTAL TOUGHNESS(con't)

### 8.) MANAGING MISTAKES

- Don't let mistakes bother you. Put them out of your mind as quickly as you can PHYSICALLY and EMOTIONALLY. Forget about the past.
- Learn from your mistakes and then move on.
- Stay emotionally fine tuned.
- Try to look the same whether you make a good shot or a bad shot.
- If you miss, picture an image of what it would have looked like if you made the shot, and then move on.

### 9.) SHUTTING OFF NEGATIVE SELF TALK

- There are 2 different kinds of self talk, AUDIBLE and MENTAL.
- AUDIBLE self talk is when we talk out loud to ourselves.
- MENTAL self talk is the little voice inside of us that is always telling us what to do.
- You should shut self talk, verbal and non verbal, off as much as possible.
- If you say anything, say something positive.
- Keep self talk to an absolute minimum during play.

### 10.) ENJOYMENT

- Enjoyment keeps you more relaxed and calm while also creating a better rythm.
- Enjoy yourself and make the things that you do well a fun experience.

### 11.) POSITIVE ATTITUDE

- You have to be able to think like a winner.
- You don't just roll out of bed knowing how to think like a winner. You don't inherit it, you have to train for it.
- You have to be consistent mentally, to be consistent physically.
- Aquire these patterns of thought all of the time(think like a winner).
- Eventually you will aquire strong beliefs.
- 3 ways to aquire these beliefs are: 1) WORK, 2) STAY WITH IT, 3) BE DISIPLINED.
- Work to maintain a strong attitude. If you think like a winner, you will be one.

## MENTAL TOUGHNESS(con't)

### 12.) RACKET UP

- Don't drag your racket around. Dragging your racket is a defeated image which gives your opponent an advantage.
- Don't withdraw energy, keep the fight going.
- Resist the temptation to play it safe. This withdraws energy.
- Show that you are fighting emotionally as well as physically.
- Project an image of a fighter.
- Give it your best all the way to the end. Project an endless fighter image.

### SUMMARY

- You can control these 12 areas of mental toughness if you work at them. They often make the difference between winning and losing.
- EMOTIONAL CONTROL and EFFECTIVE SELF REGULATION are the keys.
- To be the best player that you can, you also have to eat right, sleep right, drink right, and have the right equipment.

### FORMULA FOR SUCCESS

#### 1.) COMMITMENT

- Commit yourself.
- Be disciplined.

#### 2.) TAKE TOTAL RESPONSIBILITY FOR WHO YOU ARE, WHAT YOU DO AND DON'T DO.

- Don't blame the wind or your cheating opponent.
- All greatness comes from self control.
- Don't let situation control you, you control the situation, you take charge.

#### 3.) THRIVE ON ADVERSITY

- Don't get angry or upset when your back is against the wall, get challenged or inspired.
- You must have positive emotion.

#### 4.) MAKE PLAYING ENJOYABLE AND FUN

- When you love the journey and the struggle, this is the biggest step to becoming a great competitor.

## MENTAL TOUGHNESS TRAINING- Achieving Athletic Excellence

An outline derived from Dr. Jim Loehr's "Mental Toughness Training for Sports."

### I. INTRODUCTION

Most athletes understand how to train physically. We know how to improve our fitness, strength, and physical skills. But how do we train to become better competitors, to improve our mental toughness? Most coaches and athletes agree that at least 50 percent of the process of playing well is mental. If you are like most athletes, however, you rarely spend 5 percent of your training time refining your mental skills. The Athletic Excellence Training Program fills that void.

### II. MENTAL TOUGHNESS

- A. First of all, we must understand that MENTAL TOUGHNESS IS LEARNED, NOT INHERITED.
- B. There is a list of mental skills, all of which are learned, that are characteristics of mentally tough players:
  1. Self motivated and self directed
  2. Positive but realistic
  3. In control of emotions
  4. Calm and relaxed under fire
  5. Highly energetic and ready for action
  6. Determined
  7. Mentally alert and focused
  8. Self confident
  9. Fully responsible

NOTE: THE GREATEST BARRIER BETWEEN YOU AND YOUR GOAL IS YOU!

#### C. FORMULA FOR SUCCESS

- Step 1: Self discipline
- Step 2: Self control
- Step 3: Self confidence
- Step 4: Self realization

### III. THE ATHLETIC EXCELLENCE TRAINING PROGRAM MODEL

#### A. THE FOUNDATION

1. Mental toughness is learned, not inherited.
2. The ultimate measure of mental toughness is consistency

#### B. IDEAL PERFORMANCE STATE

1. Definition: The ideal constellation of feelings and emotions for peak Performance in competition.
2. Findings
  - a. Your level of performance is a direct reflection of the way you feel inside.
  - b. When you feel right, you can perform right.
  - c. Playing well is a natural consequence of the right kind of internal feelings.

- d. Playing as well as you can at the moment occurs automatically when the right emotional balance has been established.
  - e. In the final analysis, mental toughness is the ability to create and maintain the right kind of internal feelings regardless of the circumstances.
  - f. The most important step you can take to perform to your best is to create a particular climate within yourself and maintain it, no matter what!
3. From over 300 professional and amateur athletes from 7 different sports, their "finest hour" was described as follows:
- "I felt physically relaxed, but really energized and pumped up. I experienced virtually no anxiety or fear, and the whole experience was totally enjoyable. I experienced a very real sense of calmness and quiet inside, and everything just seemed to flow automatically. I really didn't have to think about what I was supposed to do; it just seemed to happen naturally.
- "Even though I was really hustling, it was all very effortless. I always seemed to have enough time and energy and rarely felt rushed- almost at times as if I were performing in slow motion. I felt like I could do almost anything, as if I were in complete control. I really felt confident and positive.
- "It also seemed very easy to concentrate. I was totally tuned in to what I was doing. I was also super-aware--aware of everything but distracted by nothing. It almost seemed like I knew what was going to happen before it actually did."
4. In summary, you will perform best when you experience the following feelings:
- a. When you feel relaxed and loose.
  - b. When you feel a sense of calmness and quiet inside.
  - c. When you feel no anxiety or nervousness.
  - d. When you feel charged with high energy.
  - e. When you feel optimistic and positive.
  - f. When you feel a genuine sense of fun and enjoyment in your play.
  - g. When your performance feels effortless.
  - h. When you feel automatic and spontaneous in your play.
  - i. When you feel mentally focused and tuned in.
  - j. When you feel highly self confident.
  - k. When you feel in control of yourself.

### C. PRESSURE

1. Pressure is something that you put on yourself!
2. Athletes perform best in pressure situations when they are able to successfully maintain their own Ideal Performance State.
3. Disciplined thinking
  - a. we have to discipline ourselves not to put pressure thoughts into our head.
4. Examples of thoughts that produce pressure
  - a. what if I don't do well!
  - b. what if I blow it now; I will never be the same.
  - c. I'll never live it down if I lose.
  - d. if I don't do it now, I will lose everything.
  - e. just think of what I will lose if I don't pull this one out.
  - f. what will everybody think of me if I lose this one.

5. Examples of thoughts that reduce pressure:
  - a. I'm just going to do my best and let the cards fall where they may.
  - b. I'm simply going to focus on doing my job the best I know how.
  - c. I'm going to have fun, no matter what.
  - d. Pressure is something that I put on myself
  - e. Even if I am not the greatest today, it is not the end of the world.
  - f. Somedays I will play better than others
  - g. I love tough situations, the tougher the situation, the better I perform.
6. Focus on eliminating the pressure.

#### D. ADVERSITY

1. You have to thrive on adversity.
2. Examples of adversity include:
  - a. When you are on your opponents home court and a thousand fans have come to scream in your defeat and nobody is there for you.
  - b. When your opponent gets all of the breaks and you get none.
  - c. When your personal life falls apart and you have the biggest match of your life tomorrow.
  - d. When you are injured and you are not sure whether you can or can't.
3. Rarely do these produce feelings of challenge, inspiration, determination, and positiveness, except in the top competitors!
4. The next time you encounter an impossible situation, clench your fists, get a determined smile on your face, and with all the feeling you can master, say to yourself, "I love it!!"

#### E. RITUALS

1. Rituals help you feel loose, confident, energized, etc.....
2. You must rehearse your pre-performance rituals so that they become powerful triggers for your own Ideal Performance State.
3. Don't short circuit your rituals when things go against you.
4. Study the rituals of other top players. ( They often serve as excellent models).

#### F. THE RIGHT ENERGY

1. In order for you to perform well, you must be energized.
2. Positive energy is the key.
3. We want to lock out negative energy. Some examples of this include:
  - a. tight muscles
  - b. accelerated mental state
  - c. tunnel vision
  - d. negativism
  - e. threat
  - f. frustration
  - g. fear
  - h. poor concentration
  - i. low level performance

4. Positive energy includes:
  - a. fun
  - b. determination
  - c. optimism
  - d. pride
  - e. self-challenge
  - f. self-motivation
  - g. calm mental state
  - h. relaxed muscles
  - i. high level performance

#### G. ATTITUDES

1. The right habits of thought will unlock the keys to both positive energy and the control of your Ideal Performance State.
2. Examples of thought controlling attitudes include:
  - a. Pressure is something that I put on myself.
  - b. I accept full responsibility for myself.
  - c. I simply focus on doing the best I can at every moment.
  - d. Mistakes are a necessary part of learning.
3. Examples of energizing attitudes include:
  - a. I will always give my best effort.
  - b. I take pride in myself.
  - c. Having fun is important to playing well.
  - d. My attitude is offensive rather than defensive.
  - e. I'm willing to pay the price no matter what.
  - f. I will be successful.
4. Reduce your negativism
  - a. To achieve your fullest potential as a competitor, you must reduce your negativism to a minimum.
5. Steps to reduce negativism:
  - a. Listen to what you are saying and thinking. Become aware of your thinking and inner voice. Be particularly sensitive to any negativism. Start blowing the whistle on yourself as soon as any negative input is generated.
  - b. As soon as you become aware of any negativism, shout "STOP!" with your inner voice. You will be amazed to find it actually stops.
  - c. Replace the negative talk or thought with something positive and constructive.

**NOTE: Your negativism is controllable, start taking charge!!**

6. Suggestions for acquiring the right attitudes:
  - a. Constantly repeat the attitudes you wish to acquire.
  - b. Read everything you can that pertains positively to the area you want to change.
  - c. As soon as you find yourself thinking the wrong attitude, change it!
7. The right attitudes towards problems and adversity.
  - a. Competition and problems are closely linked. You must learn to control your emotional response to problems.
8. Ways to begin thinking about problems so that you trigger the positive energy response and sustain your Ideal Performance State:
  - a. Problems will bring out my greatness, no problems, no greatness.
  - b. I choose a way a problem affects me in competition.
  - c. The right emotional response to a problem is 75% of the solution.

- d. Problems are a true test of my emotional skills.
- e. When I think that I have exhausted all of the options to solve a problem, I know I haven't.
- f. To love competition, I've got to love solving problems.
- g. I'm at my best emotionally when the problems are the worst.
- h. I'm getting good at turning problems into opportunities during competition.

## H. FOCUS

1. When we achieve the right focus, we are properly mindful of what we are doing, awareness and action merge.
2. We achieve the right focus when what we are doing is the same as what we are thinking.
3. When focus is achieved and maintained, the following reactions occur naturally:
  - a. Mental calmness- " Staying with the moment" helps keep your focus.
  - b. Low anxiety- Anxiety results from the wrong focus. Being mindful as you act reduces the experience of anxiety to a minimum.
  - c. Automatic- The right focus enables you to turn on the automatic.
  - d. Alertness and intensity- Focusing as you act produces a high intense mental state, the same intensity which accompanies your best performances.

## I. CONCENTRATION

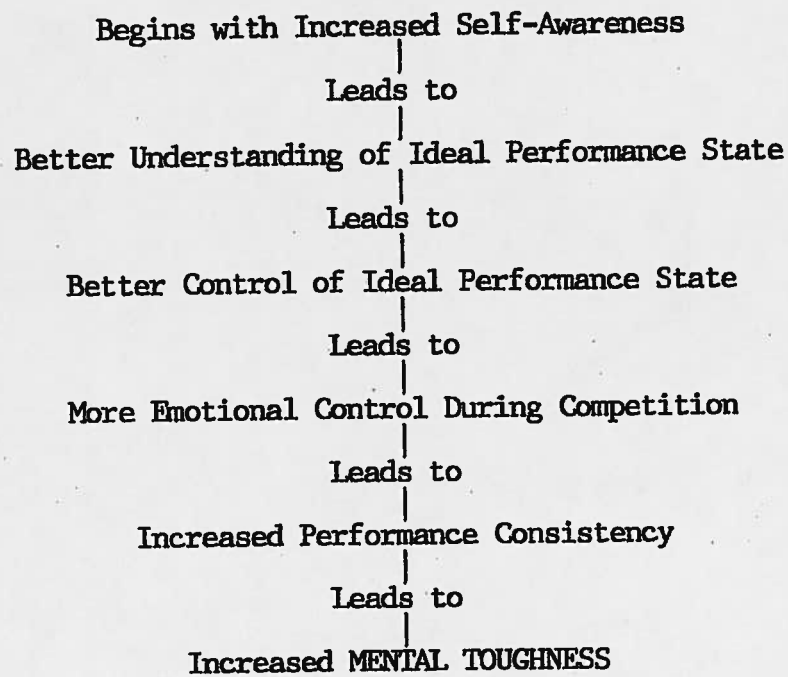
1. If you are concentrating and performing well, don't think about concentration-just perform.
2. When problems develop, following these steps will prove helpful:
  - a. Check your energy level- Note the kind of energy you are experiencing and its intensity. Get the positive energy flowing as much as possible and reduce negative energy to a minimum.
  - b. Do whatever you can to become completely calm and quiet inside.
  - c. Focus your attention on the present moment, not the past or future.
  - d. Actively focus your attention to the target. Being totally attentive and mindful as you act(active concentration) will spontaneously lead to an effortless automatic focus(passive concentration). This is your ultimate goal.
  - e. Keep your eyes controlled during play. There is a very close connection between your visual focus and your mental focus. Keeping your eyes on target will help to keep you mentally on target.
3. Concentration strategies off the court:
  - a. Improve your calming and quieting skills. This generally leads directly to improved concentration skills.
  - b. Any activity that requires that you focus your full attention as you act can improve concentration. Concentration in tennis is the ability to remain totally MINDFUL during action.( ex. focusing fully on your walking as you walk).
  - c. Practice focusing your awareness, being totally mindful in difficult or tough situations.

NOTE: FOCUS WILL IMPROVE WITH REGULAR PRACTICE.

#### IV. CONCLUSION

You may be left with the feeling that this whole thing is just too much. Before you elect to turn in your towel, go a little bit further. This information will soon start making practical sense. The Athletic Excellence Training System as you will see if you hang in there, is practical, understandable, and it really works!!

#### ATHLETIC EXCELLENCE TRAINING



FOR YOUR FINEST HOUR

1.	Muscles Relaxed	1	2	3	4	5	Muscles Tight
2.	Calm & Quiet	1	2	3	4	5	Fast & Frantic
3.	Low Anxiety	1	2	3	4	5	High Anxiety
4.	High Energy	1	2	3	4	5	Low Energy
5.	Positive	1	2	3	4	5	Negative
6.	Highly Enjoyable	1	2	3	4	5	Unenjoyable
7.	Effortless	1	2	3	4	5	Great Effort
8.	Automatic	1	2	3	4	5	Deliberate
9.	Confident	1	2	3	4	5	Not Confident
10.	Alert	1	2	3	4	5	Dull
11.	In Control	1	2	3	4	5	Out of Control
12.	Focused	1	2	3	4	5	Unfocused

FOR YOUR WORST HOUR

1.	Muscles Relaxed	1	2	3	4	5	Muscles Tight
2.	Calm & Quiet	1	2	3	4	5	Fast & Frantic
3.	Low Anxiety	1	2	3	4	5	High Anxiety
4.	High Energy	1	2	3	4	5	Low Energy
5.	Positive	1	2	3	4	5	Negative
6.	Highly Enjoyable	1	2	3	4	5	Unenjoyable
7.	Effortless	1	2	3	4	5	Great Effort
8.	Automatic	1	2	3	4	5	Deliberate
9.	Confident	1	2	3	4	5	Not Confident
10.	Alert	1	2	3	4	5	Dull
11.	In Control	1	2	3	4	5	Out of Control
12.	Focused	1	2	3	4	5	Unfocused

IPS MONITORING SHEET

Name \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

- |     |                  |   |   |   |   |   |                 |
|-----|------------------|---|---|---|---|---|-----------------|
| 1.  | Muscles Relaxed  | 1 | 2 | 3 | 4 | 5 | Muscles Tight   |
| 2.  | Calm & Quiet     | 1 | 2 | 3 | 4 | 5 | Fast & Frantic  |
| 3.  | Low Anxiety      | 1 | 2 | 3 | 4 | 5 | High Anxiety    |
| 4.  | High Energy      | 1 | 2 | 3 | 4 | 5 | Low Energy      |
| 5.  | Positive         | 1 | 2 | 3 | 4 | 5 | Negative        |
| 6.  | Highly Enjoyable | 1 | 2 | 3 | 4 | 5 | Unenjoyable     |
| 7.  | Effortless       | 1 | 2 | 3 | 4 | 5 | Great Effort    |
| 8.  | Automatic        | 1 | 2 | 3 | 4 | 5 | Deliberate      |
| 9.  | Confident        | 1 | 2 | 3 | 4 | 5 | Not Confident   |
| 10. | Alert            | 1 | 2 | 3 | 4 | 5 | Dull            |
| 11. | In Control       | 1 | 2 | 3 | 4 | 5 | Out of Control  |
| 12. | Focused          | 1 | 2 | 3 | 4 | 5 | Unfocused       |
| 13. | Played Well      | 1 | 2 | 3 | 4 | 5 | Played Poorly   |
| 14. | Positive Energy  | 1 | 2 | 3 | 4 | 5 | Negative Energy |

COMMENTS:

High Positive Energy

High

High Negative Energy

1

:

2

:

3

:

4

:

5

:

Pleasant

1

2

3

4

5

6

7

8

9

10

Unpleasant

:

6

:

7

:

8

:

9

:

10

Low

Low Positive Energy

Low Negative Energy

**Post-Competition Self-Monitoring Form**  
**(Critical in physical performance factors)**

During Play	Excellent				Poor
1. Eyes Controlled	1	2	3	4	5
2. Rituals	1	2	3	4	5
3. Winning Pace	1	2	3	4	5
4. Breathing	1	2	3	4	5
5. Projected High Positive Intensity	1	2	3	4	5
6. Projected Relaxation and Calmness	1	2	3	4	5
7. Management of Mistakes	1	2	3	4	5
8. Projected Confident Fighter Image	1	2	3	4	5
9. Negative Self-Talk	1	2	3	4	5
10. Projected positive Attitude	1	2	3	4	5
11. Projected " I Love the Battle"	1	2	3	4	5

A GUARANTEED PROGRAM OF SUCCESS

STEP 1: Have a dream of what you could possibly achieve as an athlete.

Don't worry yet about being realistic with your long term goal. What's realistic? Your dream is about your potential, and nobody can know what that is---yet. Not even you.

MY LONG-TERM GOAL(S) (Goals that will take 5 or more years to accomplish):

1.

2.

STEP 2: Set intermediate goals.

These represent stepping-stones to the realization of your long-term goal(s). Ask yourself, "What must I achieve during the next 6 months to several years in order to achieve my primary goal(s)? You should be achieving success with most of your goals in this category.

MY INTERMEDIATE GOALS (Goals that will take 6 months or several years to accomplish):

1.

Approximate date when you will accomplish it \_\_\_\_\_

2.

Approximate date when you will accomplish it \_\_\_\_\_

3.

Approximate date when you will accomplish it \_\_\_\_\_

4.

Approximate date when you will accomplish it \_\_\_\_\_

5.

Approximate date when you will accomplish it \_\_\_\_\_

6.

Approximate date when you will accomplish it \_\_\_\_\_

**STEP 3: Set short-term goals**

This is the real battleground. This is your plan and commitment for today and tomorrow and for the next three to six months. These short-term goals are goals that, without question, you can achieve.

1. Complete your physical conditioning exercises each day to improve your stamina, strength, and flexibility. Specifically spell out what the exercises are, how many, total length of time of the workout, and so on.
2. Spend a specific amount of time each day working to improve weaknesses in physical skills.
3. Complete your mental conditioning exercises every day. Again, spell out when, how long, and specifically what the exercises are.
4. Always give 100% effort in practice and in play.
5. Always maintain a positive and constructive attitude in play and practice.

MY SHORT-TERM GOALS ARE(your plan of action for today, tomorrow and the next 6 months):

1. When \_\_\_\_\_ Where \_\_\_\_\_ How many \_\_\_\_\_
2. When \_\_\_\_\_ Where \_\_\_\_\_ How many \_\_\_\_\_
3. When \_\_\_\_\_ Where \_\_\_\_\_ How many \_\_\_\_\_
4. When \_\_\_\_\_ Where \_\_\_\_\_ How many \_\_\_\_\_

Here is an Example of a chart to use to ensure your short-term goals:

MY SHORT-TERM GOALS	Week 1							Week 2						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S
Practice														
Conditioning														
Lessons														
Mental Homework														
Had Fun														
Others														

MY SHORT-TERM GOALS	Week 1							Week 2						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S
Practice														
Conditioning														
Lessons														
Mental Homework														
Had Fun														
Others														

MY SHORT-TERM GOALS	Week 1							Week 2						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S
Practice														
Conditioning														
Lessons														
Mental Homework														
Had Fun														
Others														

MY SHORT-TERM GOALS	Week 1							Week 2						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S
Practice														
Conditioning														
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MY SHORT-TERM GOALS	Week 1							Week 2						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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MY SHORT-TERM GOALS	Week 1							Week 2						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S
Practice														
Conditioning														
Lessons														
Mental Homework														
Had Fun														
Others														

PSYCHOLOGICAL PERFORMANCE INVENTORY

Almost Always	Often	Sometimes	Seldom	Almost Never	
1. I see myself as more of a loser than a winner in competition.	1	2	3	4	5
2. I get angry and frustrated during competition.	1	2	3	4	5
3. I become distracted and lose my focus during competition.	1	2	3	4	5
4. Before competition, I picture myself performing perfectly.	5	4	3	2	1
5. I am highly motivated to play my best.	5	4	3	2	1
6. I can keep strong positive emotions flowing during competition.	5	4	3	2	1
7. I am a positive thinker during competition.	5	4	3	2	1
8. I believe in myself as a player.	5	4	3	2	1
9. I get nervous or afraid during competition.	1	2	3	4	5
10. It seems my mind starts racing 100 mph during critical moments of competition.	1	2	3	4	5
11. I mentally practice my physical skills.	5	4	3	2	1
12. The goals I've set for myself as a player keep me working hard.	5	4	3	2	1
13. I am able to enjoy competition even when I face a lot of difficult problems.	5	4	3	2	1
14. My self-talk during competition is negative.	1	2	3	4	5
15. I lose my confidence very quickly.	1	2	3	4	5

Almost  
Always  
|

Often  
|

Sometimes  
|

Seldom  
|

Almost  
Never  
|

16. Mistakes get me feeling and thinking negatively.

1                      2                      3                      4                      5

17. I can clear interfering emotion quickly and regain my focus.

5                      4                      3                      2                      1

18. Thinking in pictures in tennis comes easy for me.

5                      4                      3                      2                      1

19. I don't have to be pushed to play or practice hard. I am my own best igniter.

5                      4                      3                      2                      1

20. I tend to get emotionally flat when things turn against me during play.

1                      2                      3                      4                      5

21. I give 100% effort during play, no matter what.

5                      4                      3                      2                      1

22. I can perform toward the upper range of my talent and skill.

5                      4                      3                      2                      1

23. My muscles become overly tight during competition.

1                      2                      3                      4                      5

24. I get spacey during competition.

1                      2                      3                      4                      5

25. I visualize working through tough situations prior to competition.

5                      4                      3                      2                      1

26. I'm willing to give whatever it takes to reach my full potential as a player.

5                      4                      3                      2                      1

27. I practice with high positive intensity.

5                      4                      3                      2                      1

28. I can change negative moods into positive ones by controlling my thinking.

5                      4                      3                      2                      1

29. I'm a mentally tough competitor.

5                      4                      3                      2                      1

30. Uncontrollable events like the wind, cheating opponents, and bad referees get me very upset.

1                      2                      3                      4                      5

Almost  
Always

Often

Sometimes

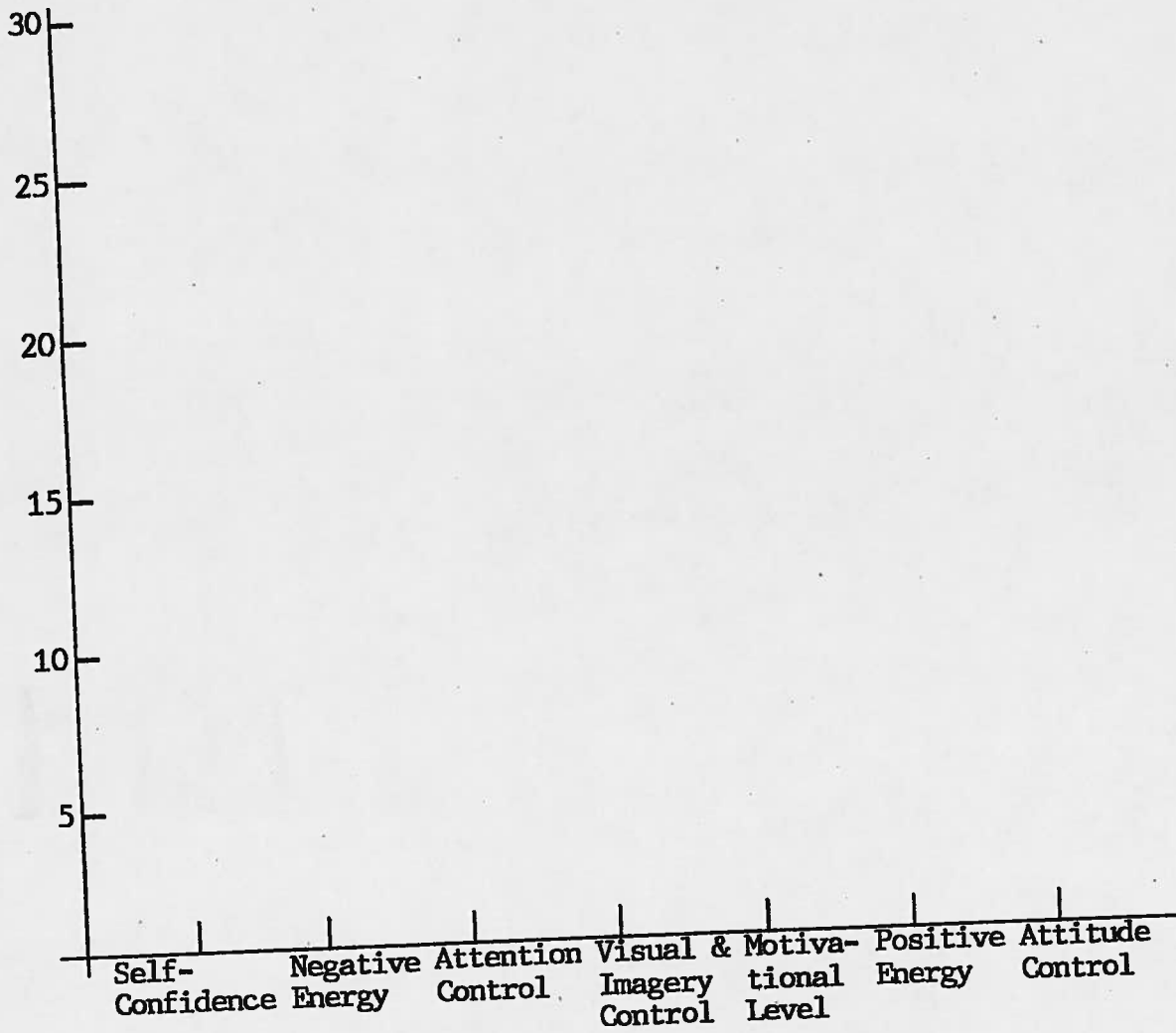
Seldom

Almost  
Never

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 31. I find myself thinking of past mistakes or missed opprotunities as I play.   | 1 | 2 | 3 | 4 | 5 |
| 32. I use images during play that help me perform better.                        | 5 | 4 | 3 | 2 | 1 |
| 33. I get bored and burned out.  | 1 | 2 | 3 | 4 | 5 |
| 34. I get challenged and inspired in tough situations.                           | 5 | 4 | 3 | 2 | 1 |
| 35. My coaches would say I have a good attitude.                                 | 5 | 4 | 3 | 2 | 1 |
| 36. I project the outward image of a confident fighter.                          | 5 | 4 | 3 | 2 | 1 |
| 37. I can remain calm during competition when confused by problems.              | 5 | 4 | 3 | 2 | 1 |
| 38. My concentration is easily broken.   | 1 | 2 | 3 | 4 | 5 |
| 39. When I visualize myself playing, I can see and feel things vividly.          | 5 | 4 | 3 | 2 | 1 |
| 40. I wake up in the morning and am really excited about playing and practicing. | 5 | 4 | 3 | 2 | 1 |
| 41. Playing tennis gives me a genuine sense of joy and fulfillment.              | 5 | 4 | 3 | 2 | 1 |
| 42. I can turn crisis into opprotunity.  | 5 | 4 | 3 | 2 | 1 |



FILL IN YOUR PROFILE



## Strategies for overcoming: LOW SELF CONFIDENCE

- 1.) **Increase your physical strength and endurance levels.**  
Initiate a rigorous physical conditioning program designed to increase strength and endurance. As you become physically stronger and more fit, you experience significant elevations in self-image and self-confidence.
- 2.) **Work hard to improve other mental skill deficiencies.**  
As you increase your ability to stay calm, relaxed, and focused during play, your self confidence will steadily rise. As your mental skills in these areas improve, you start to truly believe that you possess the kind of self-control necessary to perform well.
- 3.) **Set realistic self-goals.**  
You need success with yourself! Just as goal-setting helps to stimulate motivation, it also renews self-confidence. A steady diet of perceived success is not only the single most important element in staying self-motivated, it is also the most important ingredient in self-confidence.
- 4.) **Think positively and create enthusiasm.**  
What you believe about yourself is directly influenced by what you think. Pessimistic and negative thoughts and ideas erode your efforts to build high confidence levels. "We are what we think." If your program is negativism and self-defeatism, your confidence levels will reflect it.
- 5.) **Constantly repeat positive affirmations to yourself.**  
Listen to what you are telling yourself all day long. Too often, the dialogue we have with ourselves serves only to undermine our confidence. Comments like, "You'll never make it"; "You're going to choke"; "Dumb head"; and "It's no use" are common. Start saying things like, "I can do it"; "I'm getting tougher"; "My confidence is growing"; and "I am a winner." These self-suggestions can substantially increase confidence levels.
- 6.) **Increase self-discipline.**  
As you exercise a higher degree of self-discipline in your training and practice, substantial increases in self-confidence levels are often realized. Again, self-discipline provides demonstrable evidence that "I am in control."
- 7.) **Use positive visualization.**  
"Seeing is believing." If you can see it happen in your imagination, you start believing. Practice seeing yourself being successful and achieving your objectives. The more you practice, the higher your confidence.
- 8.) **Act "as if."**  
Even though you don't feel self-confident, act "as if" you did. When you start behaving like you were confident, the feelings often start coming naturally.
- 9.) **Practice off the tennis court.**  
Practice triggering feelings of confidence at home. It's nothing more than a way of feeling, and you can come to control it with practice.

## Strategies for overcoming: **LOW NEGATIVE ENERGY CONTROL**

- 1.) **Increase awareness.**  
The first step in improving control is to increase your awareness of what happens to you under pressure. When, where, how, and why does negative energy get triggered during play? What situations, thought patterns, and perceptions lead to threat? When and where do your muscles become overly tense and rigid? Under what circumstances are you likely to lose that all-important calmness and focus?
- 2.) **Breath control training.**  
The control and regulation of your breathing is fundamental to controlling energy levels. Taking deep and prolonged breaths, deliberately slowing down the overall breathing rate, and coordinating the process of exhaling with critical moments of execution can be a great help in establishing proper emotional balance. Practicing breath control is recommended both on and off the court.
- 3.) **Muscle relaxation training.**  
Systematically tensing and relaxing vigorous muscle groups of the body has proved to be a very helpful technique for reducing excessive muscle tension.
- 4.) **Thought control training.**  
To achieve a high degree of self-control over negative energy flow, you must control what you are thinking. Focusing on disturbing and negative thoughts produces dramatically different arousal states than focusing on positive and constructive ones. Focusing on themes of winning and losing, missed opportunities, and self-condemnation only undermines your efforts.
- 5.) **Visualization and imagery rehearsal.**  
Visualizing and imagining pleasant and relaxing scenes generally reduces negative energy levels and can, therefore, be used as a relaxation technique. Mentally rehearsing the desired physical and emotional responses to tension-producing situations can be very helpful.
- 6.) **Counter-conditioning strategies.**  
Tension and anxiety reactions can be conditioned to various aspects of competitive play. These reactions can be tied to such things as personality of the opponent, the place, the crowd, wind, or a particular aspect of play, such as hitting a backhand. Strategies to change this conditioning include sustaining a deeply relaxed response while at the same time maintaining a mental picture of the anxiety-producing situation. In effect, you are counter-conditioning a relaxation response to a situation that once produced anxiety and tension.
- 7.) **Physical exercise.**  
Athletes who struggle with excessive muscle tension and anxiety levels during the early phases of performance often find that mild physical exercise, such as jogging or bicycling, just prior to match play can be very helpful.
- 8.) **Create pressure situations during practice.**  
The more that you can simulate the pressure conditions that will be present during actual competitive play, the more opportunities you have to learn how to play as if there were no pressure. Practicing in pressure situations is one of the most effective strategies available for accelerating skills in relaxing, calming, and energy control during competitive play.

## Strategies for overcoming: **LOW ATTENTION CONTROL**

- 1.) **Improve calming and quieting skills.**  
Your ability to appropriately concentrate on the task at hand relates to your success in managing negative energy. Therefore, those techniques that assist you in managing anxiety and tension levels more effectively can be very helpful in improving your attention control skills. Excessive negative arousal usually leads to dramatic narrowing of attention. Perception becomes fixated on inappropriate and irrelevant aspects of play, giving observers the impression that you are blind to the obvious. You may even appear "spaced out" or "out of touch" with what is happening. As negative arousal levels drop, this pattern quickly changes.
- 2.) **Time awareness training.**  
Playing well requires a "here-and-now" focus. By sharpening your awareness of whether you are performing in the "here-and-now" context or whether your focus is future-or-past-oriented can be helpful. Consistently focusing on past or future events during play interferes with performance.
- 3.) **Centering strategies.**  
Taken essentially from the martial arts, centering involves establishing a state of perfect balance, both mentally and physically. To be centered, you must be focusing on what's relevant, exist in the "here-and-now" context, and be appropriately relaxed physically but intense and alert mentally. Being centered also requires a state of perfect physical balance. Prior to critical moments of execution, athletes have found it a very helpful concentration technique to check for centeredness.
- 4.) **Get the positive energy flowing.**  
Any technique that helps to stimulate the flow of positive energy will automatically lead to increased attentional control. When you are properly energized and enjoying yourself, you automatically "tune in" to what's important.
- 5.) **Concentrate during practice.**  
If you are having concentration problems during play, a concentrated effort should be made to improve your concentration skills during practice. Work extra hard during your practices to sustain a continuous focus on what is important and block out what is not. You play the way you practice-- both mentally and physically.

## **Strategies for overcoming: LOW VISUALIZATION AND IMAGERY SKILLS**

- 1.) **Practice visualizing and imagining with all five senses.**  
Develop and sharpen your ability to create vivid mental pictures of places, events, and people **THROUGH PRACTICE**. The more you practice, the better you'll get. Make an effort to practice visualizing every day for a minimum of three to four minutes. Several short practice sessions are considerably more effective than one or two long ones.
- 2.) **Visualizing vividly requires internal calmness and quiet.**  
Visualization requires that you temporarily shut down the rational, logical, analytical you. Visualization by nature is non-logical and is produced in a distinctly different region of the brain than rational and logical thought. Calming and quieting help to make the neurological shift.
- 3.) **Use photographs, mirrors, or films.**  
These can help strengthen and improve your ability to visualize yourself as a performer.
- 4.) **Review edited film.**  
The regular review of film where mistakes and errors have been edited out can have a powerful effect on building and strengthening positive and mechanically correct visual images. For the best results, review the film while you are in a deeply relaxed physical state. It's important that you do no analysis or "study" of the film-- simply absorb.
- 5.) **Start mentally rehearse in advance.**  
Get into the regular habit of rehearsing with images how you want to perform and respond during competitive play. This is particularly important with situations that have been given you trouble in the past. Set aside regular practice time for your mental rehearsing.

## Strategies for overcoming: **LOW SELF-MOTIVATION**

- 1.) **Set meaningful long-term goals.**  
You've got to find a reason to make all the effort and struggle worthwhile. What is your dream as a tennis player? Everything begins here.
- 2.) **Set realistic intermediate goals.**  
These become the stepping stones for ultimate success. They must be realistic, challenging, and exciting.
- 3.) **Set daily short-term goals.**  
Perceived success is the key to self motivation, and this is how it happens. Success is guaranteed every day when daily short term goals are properly set.
- 4.) **Commit your goals to writing and make a date for completion.**  
The importance of this step cannot be overemphasized. Unless you commit them to paper, the probability of achievement is very low.
- 5.) **Keep a daily log of your successes.**  
Chart your progress daily. That's what keeps you moving.
- 6.) **Associate with highly self-motivated athletes.**  
Motivation is very contagious, both positive and negative. If possible, associate with those who will help you motivationally, not hurt.
- 6.) **Make it fun!**  
Make it fun again. Make that number one in importance. As soon as you are successful, motivational problems will suddenly start evaporating.