



TOURNAMENT TRAINING POINT SET

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How to manage and channel your mental energy.

Don't try to win every point !

The scoring system in tennis is unlike any in other sports. A lot of points do not end up on the scoreboard. Just think of this scenario; You are losing 3 games to 0, but in every game you reached deuce. You would have won at least 9 points, however you have nothing to show for it.

On the flipside this means that you could be winning a match handily and still lose many points in the process.

The lesson; Don't 'live and die' with every point won or lost. As a good competitor you should try your hardest physically for every point. However, don't spend all your mental energy by caring too much about every point. Stay with your game plan instead.

Hope this helps,

Tonny