



TOURNAMENT TRAINING POINT SET

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Think, and you will learn.

Think, and you will lose!

When you are working on a new shot during practice you must actively use your brain. You have to think about the mechanics of the stroke, you have to feel the change; you have to see yourself produce a different shot. You must think about your old way of hitting the ball, make a change, and then groove the new motion to be able to reproduce it at will.

When you are playing a match, however, your brain can really hurt your level of play.

To reach your desired level of play, your brain should be quiet, so the movements of your body are fluent and your decision-making is without hesitation.

What happens to you when you are down 1-5 and you say to yourself: "To hell with this, I don't care anymore, I am just gonna rip it"?

You end up tree-ing!

(you stopped worrying, thinking)

What happens usually when you make it to 5-5, after being down 1-5?

You lose the set anyway! (or at least you're not tree-ing anymore)

Why?

(you started thinking again;" perhaps I still win this set, etc")

How can you keep your brain quiet?

Discuss with me if you want to get better.

Tonny

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