



TOURNAMENT TRAINING POINT SET

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How to win close matches and super tiebreakers.

Preparation beats nerves!

Before your tennis match, think about being in situations that make you feel nervous. A third set tiebreak, a close game that keeps going from advantage to deuce, or perhaps a lot of people watching your match. Visualize yourself in this situation and think about how you would like to act under these circumstances.

You would probably want to remain calm, appear confident to your opponent and most importantly you would want to hit good shots and use smart strategy.

Nervous players tend to rush, play too defensively and make bad strategy decisions. The next time you find yourself at this stage, realize it, accept it, and change your behavior. Here is how:

- Change the bad habit of rushing by taking some extra time between points to take deep deliberate breaths. (It helps!)
- Develop a little plan for your next point. Nothing complicated. A two shot combination with an offensive purpose will do. (f.i. Serve out wide and step into the next shot to hit behind the opponent)
- Right before you start the next point give yourself a motivational pump up; *"come on!"*

This will help you play tough under pressure and will result in more wins!

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