

**2<sup>nd</sup> Edition Mental Performance Outline**  
**Nebraska Tennis Coaches Convention Presentation 2023**

Objective:

Implement strategies to improve the mental & emotional part of a players' game.

**Mental Prep #1**

**The 3 Rs for Mindset Maximization**

Why? To have a sequential approach to how you will mentally perform in competitive play.

**Acronym: The 3 R's – Respond, Ready, Re-invest**

**Stage 1: Respond Stage** (after the point)

**Respond Stage "ABC's"**

**Act –**

**Breathe –**

**Cue (self-talk) –**

**Stage 2: Ready Stage** (before the next point)

**Point Plan –**

**Pre-Point Routine–**

**Stage 3: Re-invest Stage** (during the point)

A Present Focused Mindset

Become absorbed in the moment during the point without fear of consequences.

**ETA** – Your "Expected Time of Arrival" is Now!

Will you arrive with -

**Energy - Trust - Acceptance**

**Abbreviated 3 Rs: ARC – Act – Routine – Compete**

**Mental Prep #2**

**Self-Discovery: Understanding the True You**

Why? Because the better you **understand** yourself, the better you can discover the **best version** of yourself. An honest, self-assessment can help lead you to personal improvement.

**Questions to Ask Yourself** to Discover the true you:

**Who** Am I in this sports arena?

- Describe yourself in areas such as confidence, competitive spirit, resilience, fears, self-worth

**Why** do you play this sport besides to win?

**What** do you want to accomplish? (Vision)

**How** will you get there?

Set process goals (i.e., training goals)

Set your intention for the day, the practice, the match.

### **Mental Prep #3**

#### **Five Focus Strategies During Point Play**

Why? To get out of your own head and calm your mind, particularly during a big point.

1. Sight:
2. Sound:
3. Feel
4. Auto-Pilot (BTP) – Breathe, Trust, Play
5. Silence –

### **Mental Prep #4**

#### **Visualization Training**

Why? To mentally rehearse how to hit the ball or how to handle specific situations.

Where: @ Practice as a team; @ Home on your own

Examples of what to visualize:

1. loose & free stroke production with a relaxed mind (technical skill development)
2. overcoming mistakes (emotional management)
3. playing with competitive energy (competitive mindset management)
4. playing with a present-focused mentality (focus control)
5. playing out big points in a match or closing out a match (crunch-time mindset)

Time Period: Start with 30 seconds, 1 minute, then try longer versions at home.

### **Mental Perspective #5**

#### **Proper Perspective About Competition – Questions to Ponder?**

Why? To evaluate your mindset during competition.

- 1) Do you view the situation as a challenge or a threat?
- 2) Are you willing to embrace challenges as opportunities? Next point: a new opportunity
- 3) Do you need to re-write your old story (i.e., self-talk/self-image) into a more productive new story?

### **Mental Prep #6**

#### **On-Court Pressure Tennis Games**

Why? To apply into practice the mental performance strategies outlined above.

1. Guts (call the score 15-30 or 30-15; get # of points won if you win the game; no-ad)
2. Conversion Tennis (start each game at 15-15; if lose game point you convert back to 15)
3. 9 Serves no-ad singles or doubles – no-ad game where server only gets 9 serves in total
4. 2 of 3-point games