

Tennis

July 24, 8:30 a.m. – 9:20 a.m.

Lisa Hart, Concordia University, NE (Men & Women) - The Mental Game: The Power of Positive Self-Talk – B105

Tips for effective positive self-talk in tennis:

- **Focus on strengths**

Instead of telling yourself what not to do, focus on what you should do and your strengths, abilities, and positive qualities. For example, you could say "My serve is powerful and accurate. Hit this serve powerfully down the center line".

- **Be solution-oriented**

Focus on the present and what you can do to solve a problem. For example, if you need to get more spin on the ball, you could say "more spin".

- **Be direct**

Use simple phrases or commands instead of long sentences. For example, you could say "bend your knees" or "throw high" when serving.

- **Script it ahead of time/Practice**

Practice your self-talk before a match or between points. You could also try recalling quotes from other athletes before going on the court.

July 24, 9:35 a.m. – 10:25 a.m.

Lisa Hart, Concordia University, NE (Men & Women) - Doubles Drills & Games - LNS Tennis Courts

Go through in detail each game/drill (demonstrate how games can be altered depending on numbers and skill levels)

- Overhead, volley, volley cross drill

- Offense/Defense
- 3 on 3 doubles
- Return-volley-volley drill
- Olympics
- Passing shot drill
- “See-Ya” Doubles Game
- Miss Drill