

*This preview is written by
Tomaz Mencinger*



<http://www.TennisMindGame.com>

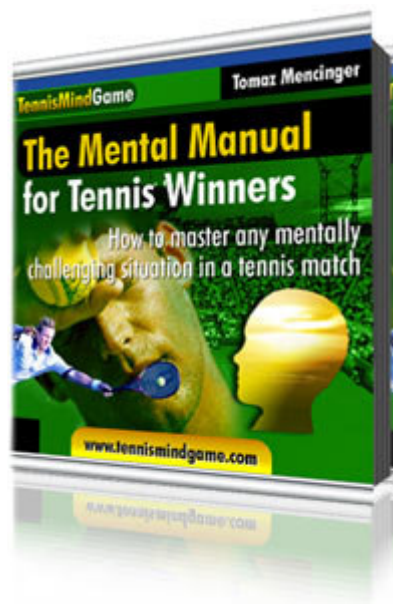
-- Feel free to pass this preview of the Mental Manual for Tennis Winners to your friends and tennis fans --

It shows you the concise and valuable ways of making your mind your best ally.

You'll learn what is concentration and how to focus

AND

*You'll get free 3 (out of 29) mental tennis tips that help you achieve the **winning mindset** despite the pressure of an important situation in the match.*



<http://www.tennismindgame.com/mental-tennis-tips.html>

CONCENTRATION

Concentration is the ability to focus on the relevant factors for winning the match. It is also the ability to hold focus for a period of time. By being aware of your concentration level you can adjust it, raise it or focus it.

You can imagine concentration as ray of light, with which you illuminate your surroundings. When you're not focused, your ray shines wide and weak. You can perceive many things which are not important for playing the game. And when your focus is good, your ray shines narrow and bright and illuminates only a few things or even only one. It is important that you point this bright ray of focus on the relevant things concerning the tennis match like game plan and watching the ball and not on the distractions that may happen like bad calls, wind and so on.

Concentration simply means, that you are »here and now«. If you think about the past or future, you are not focused. If you think about something other than the current situation, you are not focused either.

! TAKE CARE !

Always focus on what you **WANT** (I want to hit a good serve, I want to finish the match in this game ...) and never on what you **DON'T WANT** (I don't want to hit a double fault, I don't want to miss this opportunity ...).

Keep in mind your intention (your purpose), and your decisions will be based on that - they will guide you to your goal.

HOW TO FOCUS?

1. Have a plan – how you are going to play (aggressive, left-right, on the weaker side,...) and stick with it! Agree with your coach which score or situation you're going with, plan B, C, ...
2. Control your arousal level – that immediately puts you in the »here and now«
3. Look for solutions! Do not cry about problems, but think HOW you are going to solve them, master them and then fight them! There are many ideas in this manual.
4. When serving: imagine the flight of the ball – height over the net, spin, speed, where it lands. When returning: when the opponent is doing his ritual, focus just on the ball. Know *where and how* you'll return the first serve and *where and how* you'll return the second serve.
5. Play intentionally longer points – at least 4 to 6 strokes. Play steadily, consistently and watch and track the ball to the point of contact. Check with yourself whether you really watched it well. This will automatically raise your concentration level.

3 free tips out of 29 critical situations before and during the match

PRE-MATCH ANXIOUSNESS – off court

It is a normal response to the upcoming match. Your mind and body are getting ready for effort.

1. If you are nervous – lower your arousal level
 - deep, slow breathing
 - relax your body
 - listen to music, which calms you down
2. If you are without any anxiousness – feeling totally calm
 - you may start the match too passively and that could allow an aggressive opponent to race ahead
 - so – raise you arousal!
3. Review your main strategy and plan how you will play:
 - when you are ahead
 - when the score is tied
 - when you are behind



"Focus on how you can instead of why you cannot.«

OUTER DISTURBANCES (wind, sun, noise, bad court, bad balls, ...)

Tennis is played in all sorts of conditions. Are you up to it?

1. You have the same conditions as your opponent.
2. The one who deals better with them, will be the likely winner.
3. Adjust your arousal, if you feel irritated or »down«.
4. Focus on finding solutions.
5. Adjust your tactics if needed.

»Anyone can hold the helm when the sea is calm.«

LOST THE SERVE

Federer wins 86% of his service games. What are your expectations?

1. Adjust your arousal.
2. Immediately focus on how you will play the return game.
3. Check if the decisions are not emotional.
2. If you become aware of thoughts about the »lost serve«, return to »here and now«.
3. Your opponent may lower his intensity, since he is too satisfied.
4. Do not rush and try to fix the break immediately, you may just hand the game to your opponent with too many unforced errors.
7. Decide for your game plan and play point by point.

»If you find a path with no obstacles, it probably doesn't lead anywhere.«

If you've found these mental tennis tips who are recommended even by **ATP and WTA** players valuable then read on what you'll get in the **full version** of the Mental Manual for Tennis Winners:

1. Learn 3 additional types of making your mind your best ally which are based on sports psychology:

- how to control arousal
- **how to effectively use visualization**
- what is acceptance and how it enables you to stay focused regardless of outer events.

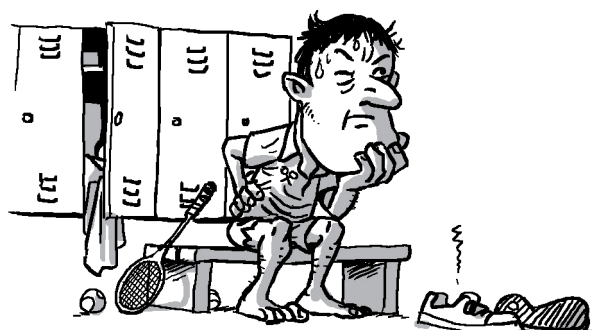
2. Learn how to deal with the other 26 stressful situations in the match like:

- double fault (another potential match decision factor - you'll learn how to quickly refocus and keep your serve strong throughout the match)
- **losing a lead** (and how to direct your thinking for the best outcome)
- winning a set (looks and feels very good - learn how to use the momentum and prevent any possible comebacks from your opponent)
- **losing a set** (this can quickly put you into negative thinking mode which shortens the match immensely - winning thinking and the correct approach to the next set are crucial for your success)
- missed »sitter« (if you don't know what to do immediately after a miss like that, we both know what happens next - you'll learn how to refocus quickly and adjust your emotions)

- **being ahead in a set** (you play your best to get there and then your worst to let your opponent catch up with you - how would you like to change that – from now on)
- set all (how to think and prepare for the final set to avoid the most common thought traps)
- and many more...

3. There is also a section of guidelines on how to approach **every situation in a »game«**, depending on the score – 30:30, 0:40, 40:15, ...They are based on common psychological mistakes players can make and how to turn most of them to your advantage.

4. The last section explains and guides you through the correct way of **analyzing the match**. There is one typical mistake most players and coaches make in the match analysis and that's why the same mistakes happen again and again. You'll learn HOW to change that and actually gain confidence from every match.



The **Mental Manual for Tennis Winners** is a downloadable ebook in pdf format and you can get it instantly through the power of the internet.

Stop losing matches to players with lesser tennis skills just because you get too upset after a couple of mistakes. **The Manual will show you the way...**

<http://www.tennismindgame.com/mental-tennis-tips.html>

If you wish to progress in the mental area of tennis, this professional manual is an absolute must. It is easily understood and practical.

Borut Urh, multiple singles Champion of Slovenia and 8 years Davis Cup representative