

<p>METHODS OF DEVELOPING MENTAL SKILLS</p> <p>Motivation</p> <ul style="list-style-type: none"> • Be self-motivated • Set goals for each session and training schedules • Use hitting targets • Give rewards • Give praise for good behaviour/performance as well as results • Have fun in each session • Value player input into sessions • Re-assess goals regularly and training schedules • Set challenges 	<p>Sel-confidence</p> <ul style="list-style-type: none"> • Positive self-talk • Positive analysis of mistakes • Be aware of own ability • Good body language (see worksheet) • Confidence log book (see worksheet) • Positive feedback (see worksheet) • Positive visualisation (see worksheet)
<p>Concentration</p> <ul style="list-style-type: none"> • Target practice • Work to maintain concentration in every session • Umpiring • Reading • Silent games • Play in noisy surroundings • Visualise serving routine (see worksheet) • Scoring (see worksheet) 	<p>Adaptability</p> <ul style="list-style-type: none"> • Train in unusual environment • Match play with unusual constraints/rules • Match play with hostile crowd or against different opponents • Visualisation of different imaginable matchplay scenarios (see worksheet)
<p>Clarity of thought</p> <ul style="list-style-type: none"> • Umpiring • Guided observation of line matches • Analysis of pros • Self-analysis • Written tactical plan for matches • Associative and disassociative visualisation (see worksheet) 	<p>Calmness</p> <ul style="list-style-type: none"> • Humour • Umpiring • Breathing techniques (see worksheet) • Eliminating stress (see worksheet)
<p>Competitiveness</p> <ul style="list-style-type: none"> • Body language (demeanour, pumping fists, 'war cry') • Placement in situations of opposition • Martial arts • Matchplay with handicap scoring (Advantage out, or 0-30 in each game) • Two vs one practice 	<p>Determination</p> <ul style="list-style-type: none"> • Proactivity • Self analysis • No limits • Taste for effort • Self responsibility • Free tennis • Tennis hungry • Goals efficient • Desire to achieve • Competitive spirit