



How To...

Embrace Your Mistakes!

By Peter Farrell – TICA Coach Development

“Anyone who has never made a mistake has never tried anything new.”

Albert Einstein.

All tennis players make errors. The best players learn from their mistakes, and use them as a launch pad to improve. But many players allow errors to create further errors – leading to a downhill spiral during a match that ends in racquet throwing and self-recrimination.

Let's say you have hit a shot into the net. Here is the process that should follow:

1. Ask yourself why the ball went into the net. It could be a technical error (*“my racquet face was too closed”*), but it is important to remember that it could also be related to the physical, tactical or even psychological areas of the game.
2. Ask yourself what you can do to prevent this error reoccurring (*“I hit into the net because I aimed too low, especially given that my opponent was at the baseline – next time I am in this situation I'll aim higher to give myself a greater margin for error”*).
3. Get ready for the next point; confident that you have learned a lesson that will help you perform better for the rest of the match.

Allowing mistakes to irritate you results in poor play, embracing your mistakes results in improved performance. The choice is yours...



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