

TOURNAMENT TOUGH - COPING WITH NERVES.

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With the tournament season under way, it's a good time to look at one of the mental aspects of successful match play. All players feel nervous at times. How a player *cope*s with nerves is what distinguishes the champion from the also ran:

- Breathe deeply between points and relax your muscles.
- Take time between rallies – never rush into the next point.
- Learn from previous points, but don't dwell on what 'might have been'.
- Concentrate only on the point you are playing now, or about to play. Thinking about the future (*"if I win the next two games it will be one set all"*) by definition means that you are not 100% focused on what you are doing now..
- Strike the ball the same way whether you are 5-0 up or 0-5 down. Play the shot not the score.
- Remember that if you are nervous, your opponent probably is too!
- Keep at the back of your mind that the world will keep turning whether you win or lose this match...

