Pre-Match

Competition Philosophy Statement:

Key Thoughts to play well:

“Individual” (in addition to team w/u) warm-up items:

During Match

Knock-up Focus:

Start Focus:

Focus for Serve: Focus for Return:

End of match focus (8-8 in 5th):

Tactical/Strategy Reminders:

1.
2.

Technical Reminder’s:

1.
2.

Mental/Emotional Reminders:

1.
2.

Distraction Control Plan

1. Playing poorly Solution (do/think):
2. Nervous Solution (do/think):
3. Solution (do/think):