

DEVELOPING MENTAL SKILLS ON COURT FOR 10 & UNDER TENNIS PLAYERS

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1. INTRODUCTION

- a. General considerations for 10 & Under tennis players
- b. Mental skills needed at this developmental stage
- c. Strategies for developing mental skills at this stage

2. THE ROLE OF THE COACH

- a. Role model
- b. Caring
- c. Attention

3. MENTAL SKILLS AND DRILLS

- a. Motivation
- b. Concentration
- c. Emotional control
- d. Self-confidence
- e. Routines
- f. Visualisation
- g. Breathing
- h. Positive thinking, self-talk and body language
- i. Mistake management
- j. Anticipation

4. CONCLUSION

- a. Keep it simple
- b. Make it fun