

ON COURT PSYCHOLOGICAL DRILLS FOR 14 & UNDER PLAYERS

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1. INTRODUCTION

Psychological Skills Training (PST) is a tool used by sport psychologists and coaches to improve the mental skills of tennis players. However, within tennis PST has been usually delivered as individual consultations with players. The goal of this presentation is to show coaches how they can help tennis players develop and improve their mental skills by using a series of drill-based sessions that will integrate PST as a natural part of daily training. These drills and sessions are geared towards 14 & under tennis players but can be used with players of all ages and skill levels. It is important to note that coaches need to implement the drills by adapting them to the characteristics of the players. Coaches need to be open to adopt new approaches in working with their players and be willing to work the psychological skills on court in the same way they deal with the technical, tactical and physical components of the game.

2. MENTAL TRAINING PRINCIPLES

1. MAPPING THE SCENE
2. ADOPTING THE RIGHT MIND SET – BEING MENTALLY FIT
3. BUILDING THE WILL
4. ENGINEERING MENTAL TOUGHNESS
5. THE ANATOMY OF RESILIENCE – FAST TRACKING RECOVERY
6. EMBRACING A FIGHTING ATTITUDE – ERROR TOLERANCE
7. THE ULTIMATE EFFORT - THE ONE MORE PRINCIPLE
8. AUTOMATISING MOTIVATION
9. THE ARCHITECTURE OF EFFORT
10. TRANSFORMATIONAL PERSONALITY – GIVING YOUR PERSONAL BEST

ITF/CAT Southern African Coaches' Conference

Pretoria 24-17 September 2014

3. ON COURT MENTAL TRAINING

		GAME SITUATION		
		SERVE & RETURN	BASELINE GAME	APPROACH, NET GAME & PASSING THE NET PLAYER
MENTAL SKILL	1	Drill 1		
	2		Drill 2	
	3			Drill 3
	4		Drill 4	