

INCREASING THE CHANCES

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1. MAPPING THE SCENE
2. ADOPTING THE RIGHT APPROACH – 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

PRINCIPLES AND EXERCISES FOR IMPROVING THE CLAY COURT GAME

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1. CLAY COURT MIND SET

- Feeling good
- Feeling dirty
- Changing the concept of time – being paid by the hour

2. INTEGRATING THE TRAINING

- All in one
- Positive transfer
- Clay court practice on hard courts

3. PHYSICAL CONDITIONING FUNDAMENTALS

- Endurance
- Agility and recovery
- Movement: court dance, sliding

4. STROKE PRODUCTION BASICS

- Mastering the topspin
- Stroke heaviness
- BH slice and sidespin
- Serve and return of serve

5. STRATEGY KEYS

- House menu: crosscourt
- Today's special: BH down the line
- Set orders: Inside out FH, drop shot, opening angles
- Defensive game

6. MENTAL FOUNDATIONS

- Feeling home
- The tough warrior role play
- "If no balls in...at least run!"

7. CONCLUSIONS

- Long and dusty road
- Building the game for the future
- Nurturing a life philosophy