



# MINDSET

Ask any coach the following question: “Is mindset important in tennis?” and they’ll always tell you that “yes, mindset is extremely important”.

In fact, it’s not just coaches that know that mindset is important.

TV commentators know this.

Parents of players know this.

And you can bet that players who play tournaments regularly know this.

If nothing else because they have experienced their own mind playing tricks on them during matches at some point...

Ok, so we all know that mindset is important - great.

But is that enough?

What does that knowledge, in and of itself, really accomplish...?

Almost nothing, I’d say.

Imagine me telling you that your forehand needs work in a very specific way.

You nod in agreement.

And then we proceed to **never** do any work on your forehand. No rallying drills, no basket drills, no video analysis, no nothing.

We’re both aware that you need to work on your forehand, but we never work on it.

Will your forehand improve in any significant way if you never work on it?

Of course not.

**And this is the issue with mindset.**

Almost every coach and player understands that they should dedicate time to work on their mindset.

**But very few actually do.**

And so, they never improve that particular aspect of their game.

Because being aware of what needs to be worked on is a great starting point, but only if you then actually work on improving it.

But I get why most coaches don't spend time working with their players on their mindset.

There's already a lot of other stuff that needs to be worked on.

Technical stuff, tactical stuff, physical stuff, etc.

These areas of your players' game are also very important, of course.

And I understand that it's particularly hard to explain to a parent or even a player that it's worth spending some of the limited time you have available working on their mental skills, instead of working on a technical, tactical or physical component of their game.

Not the easiest conversation to have, especially if you're not sure exactly what you need to be doing with the player to improve their mental toughness.

So, I get why most coaches never get to the point where they're including mindset training in their players programmes.

But here's the thing that you must consider:

**Everything starts in the mind.**

Everything.

The way players train.

The way they eat.

The way they compete.

The way they chase that extra ball.

The way they listen (*or don't listen*).

The way they become (*or not*) a good teammate.

And everything else that goes into being a high-performing tennis player and individual.

All of it starts in the mind.

If their mind is in the right place, everything will improve.

Their technique, their decision making, their physical skills, their win percentage and their ranking.

Everything.

I know because I've seen it with countless players, over my 35 year

career.

**Working on the mind makes everything else better.**

And I'll tell you something else.

As a player gets better they will, sooner or later, face a challenge that tests their mental strength.

It might be a particular ranking they aren't able to get to.

It might be a streak of tough losses.

It might be a bad injury.

It might be a particular player that they can't ever seem to beat.

Or it might be something else entirely.

**But at some point ALL your players will get seriously challenged.**

**And at that point the only thing they can rely on is their mindset.**

Their mind's ability to make sense of what is happening, and their ability to persevere through the tough times.

**And this is the #1 reason why players get stuck.**

**Because their mind isn't able to cope with the challenges of being a competitive tennis player at a specific level.**

If you want to develop players that can handle and even thrive under the challenges of competitive tennis, **you need to incorporate mindset training into everything that you do with your players.**

If mindset is so important, how can you not?

This is the only way to ensure that your players are able to navigate the inevitable challenges of playing competitive tennis.

And as a bonus you'll be preparing them for all the challenges they will encounter off-court as well.

Work on mindset with your players and you'll help them become better people and better players who win more matches.

WE VERY SERIOUSLY WORK ON MINDSET EACH DAY ON AND OFF COURT.  
THE RIGHT MINDSET GIVES YOU THE CHANCE TO BECOME A CHAMPION

# COMPETITORS

Building players that compete well is what we strive to do at HPT. Challenging training and challenging mental and emotional situations turn you into COMPETITORS!

## STAGES OF A COMPETITOR

1. Blaming/Excuses: lowest level competitor, makes excuses, never grows
2. Tanking: (giving up) immature competitor
3. Anger: cannot control oneself, therefore cannot win
4. Choking: gets nervous, ok as it shows you care, must move to the next level to be good
5. Competitor: best players, fight hard, never quit mentally, plays best when match is close



**P.S. - We are running our summer training. It's for players 10+ who have a UTR rating of 4 or above and want to progress their game as much as possible during the Summer.**

**Would you like to join us?**

**Reply with the word "Summer" and we will send you all the details.**

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Sign up link:

[WWW.Hobsontennis.com](http://WWW.Hobsontennis.com)

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