

MINDSET



Everything starts in the heart and mind . Will always beats skill!

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 heart & mind.

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

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

Everything.

Working on the heart and mind makes everything else better.

And.....

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 playing someone with a lower UTR.

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 heart and 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 heart and mind can't 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 good 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.

THE RIGHT MINDSET GIVES YOU THE CHANCE TO BECOME A CHAMPION

How do we develop a great mindset & character?

Training on court and in the classroom:

Training each day with a focus on being mentally strong and focused.

Routines and regimes to help on court mental and emotional toughness.

Supportive training environment.

Mornings:

Affirmations and mind vitamins (quotes and phrases)

Reflection and gratitude time

Breathing exercises, stretching and yoga

End of the day:

Journaling your day

Mindset self-assessment and reflection

CHARACTER IS DEVELOPED THROUGH ADVERSITY



SERIOUS TENNIS TRAINING

We are pleased to announce that we will add to our training systems, following an incredible year of producing a:

#1 Junior in the world, Roland Garros Jr Champion, Pro titles, pro players achieving the highest personal rankings and collegiate players being sent to: Georgia, Princeton, UCLA, and Belmont Abbey this Fall.

Full-Time schedule:

7.30 am–11.00 am
3.30 pm–6.00 pm

NEW Half-day schedule:

3.30 pm–6.00 pm

Location: State College of Florida

The goal is always to develop players to get a college scholarship as a minimum, become great people and, if possible, turn pro.

P.S. Would you like to join us?

Reply with the words **SERIOUS TRAINING** and we will send you all the details.

Sign up link:

WWW.Hobsontennis.com

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