

THE HERE AND NOW
by Peter Farrell

Playing Standard: ITN 3 to 10

Long Term Player Development Pathway: Phase 3

I was going to think not of winning the game, but of winning the point”.

Rafael Nadal (Rafa – My Story)

One of the most important things to do when playing a match is to focus purely on the point you are playing right now, or the one that is about to start. Many players lose matches because they spend time thinking about what has happened (*“how could I have lost that game when I was 40 love up”*), or what might happen (*“if he wins the next two games it will be one set each”*).

One of the big keys of winning tennis is to concentrate on what is controllable. Since you cannot control the past or the future, they should both be wiped from your mind. If you are thinking of what has happened or what might happen, you cannot by definition be 100% focused on what is happening NOW!

Rafael Nadal makes the point well in his highly recommended book ‘Rafa – My Story’, (available from Amazon - <http://goo.gl/A7G2C8>) and we can all learn a lot from a competitor as tough as Nadal...

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For individual advice on this or any aspect of tennis, please contact your local Tennis Coach Ireland coach – see www.tenniscoachireland.ie

For more information on the ITN:
http://www.tennisireland.ie/player_database/what_is_the_itn

For more information on the Long Term Player Development Pathway:
http://www.tennisireland.ie/coaches/player_development_pathway