



THE HERE AND NOW

by Peter Farrell –
TICA Coach Development

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’. We can all learn a lot from a competitor as tough as Nadal:

“I would take each point as it came, in isolation. I’d forget everything else, obliterate the future and the past, exist only in the moment.”

Rafael Nadal (Rafa – My Story)

For individual advice on any aspect of the mental game, please contact your local TICA coach (see www.tica.ie).

