



Tennis: Winning the Mental Match

By Allen Fox

Download now

Read Online 

Tennis: Winning the Mental Match By Allen Fox

Tennis is more difficult mentally than most other sports. Because of its one on one personal nature, it feels more important than it is. Competitive matches can become highly stressful, and losing is painful. Emotions tend to get out of hand, with fears and nerves becoming difficult to control. Confidence comes and goes; the scoring system is diabolical; everyone is at risk of choking, even the greatest players in the world. This book attacks these and other issues faced by players of all levels. Dr. Allen Fox's solutions are logical and straightforward, and most importantly, they have been tested and they work.

PARTIAL CONTENTS:

CH. 1: WHY DO WE WANT TO WIN?

Winning a tennis match feels more important than it is because players are genetically wired to compete for position on the social hierarchy. The emotions of a tennis match resemble those of a fight. Players may realize that winning a match doesn't really matter, but they will always want to win anyway.

CH. 2: THE EMOTIONAL ISSUES OF COMPETITION:

Tennis is inherently an emotional game. Because match outcomes feel important but are ultimately uncontrollable, matches can become stressful. There is often an unconscious urge to escape this stress, which leads to counterproductive behaviors, among which are anger, tanking, and excuse-making. These can be overpowered by the conscious mind, but it requires understanding, high motivation, and constant effort.

CH. 3: USING EMOTION TO HELP YOU WIN:

Your emotions will dramatically affect your tennis performance. We discuss how to keep counterproductive emotions in check and how to create productive ones that will help you win. Topics include the use of adrenalin, profiting from the time between points, and maintaining an optimal excitation level.

CH. 4: REDUCING THE STRESS:

Matches can become overly stressful, and this hinders performance. Stress can be reduced by developing a more realistic perspective of the game. Included are accepting outcomes that can't be controlled; resisting a narrow focus on winning; avoiding excessive perfectionism; getting over losses quickly; and using goals for hope and motivation rather than allowing them to become expectations and cause stress.

CH. 5: THE PROBLEMS OF FINISHING:

Most players become nervous and stressed when they are ahead and face the hurdle of finishing the match against a dangerous opponent. The unique tennis

scoring system intensifies this problem. The closer players get to winning, the greater the stress. Trying to reduce it gives rise to counterproductive behaviors such as procrastinating the finish or becoming overconfident and easing up with a lead.

CH. 6: CHOKING - ITS CAUSES AND HOW TO MINIMIZE ITS EFFECTS:

Choking is most frequent at the finish of games, sets, and matches due to the uncertainty of outcome. You can limit choking damage by immediate acceptance of this uncertainty. Avoid stressful thoughts of winning by using rituals, focusing, and relaxation techniques. Rid yourself of the idea that choking will make you lose, and recognize that there are usually multiple opportunities to win, not just one.

CH. 7: CONFIDENCE AND HOW TO GET IT IF YOU DON T HAVE IT:

Confidence, aka self-belief, comes mostly from winning. Though it s more difficult, you can win without it by replacing it with sufficient emotional discipline. Slumps and hot streaks occur in cycles and both end naturally with time. Stressing over a slump prolongs it. You can speed its ending by several methods which we discuss.

CH. 8: GAME PLANS:

Game plans give your efforts direction and structure. They can rely primarily on offence or defense but should be consistent with your personality. With Plan A you are looking for a match-up where you have a relative advantage, most commonly pitting your strengths against an opponent's weakness.

 [Download Tennis:Winning the Mental Match ...pdf](#)

 [Read Online Tennis:Winning the Mental Match ...pdf](#)

Tennis:Winning the Mental Match

By Allen Fox

Tennis:Winning the Mental Match By Allen Fox

Tennis is more difficult mentally than most other sports. Because of its one on one personal nature, it feels more important than it is. Competitive matches can become highly stressful, and losing is painful. Emotions tend to get out of hand, with fears and nerves becoming difficult to control. Confidence comes and goes; the scoring system is diabolical; everyone is at risk of choking, even the greatest players in the world. This book attacks these and other issues faced by players of all levels. Dr. Allen Fox's solutions are logical and straightforward, and most importantly, they have been tested and they work.

PARTIAL CONTENTS:

CH. 1: WHY DO WE WANT TO WIN?

Winning a tennis match feels more important than it is because players are genetically wired to compete for position on the social hierarchy. The emotions of a tennis match resemble those of a fight. Players may realize that winning a match doesn't really matter, but they will always want to win anyway.

CH. 2: THE EMOTIONAL ISSUES OF COMPETITION:

Tennis is inherently an emotional game. Because match outcomes feel important but are ultimately uncontrollable, matches can become stressful. There is often an unconscious urge to escape this stress, which leads to counterproductive behaviors, among which are anger, tanking, and excuse-making. These can be overpowered by the conscious mind, but it requires understanding, high motivation, and constant effort.

CH. 3: USING EMOTION TO HELP YOU WIN:

Your emotions will dramatically affect your tennis performance. We discuss how to keep counterproductive emotions in check and how to create productive ones that will help you win. Topics include the use of adrenalin, profiting from the time between points, and maintaining an optimal excitation level.

CH. 4: REDUCING THE STRESS:

Matches can become overly stressful, and this hinders performance. Stress can be reduced by developing a more realistic perspective of the game. Included are accepting outcomes that can't be controlled; resisting a narrow focus on winning; avoiding excessive perfectionism; getting over losses quickly; and using goals for hope and motivation rather than allowing them to become expectations and cause stress.

CH. 5: THE PROBLEMS OF FINISHING:

Most players become nervous and stressed when they are ahead and face the hurdle of finishing the match against a dangerous opponent. The unique tennis scoring system intensifies this problem. The closer players get to winning, the greater the stress. Trying to reduce it gives rise to counterproductive behaviors such as procrastinating the finish or becoming overconfident and easing up with a lead.

CH. 6: CHOKING - ITS CAUSES AND HOW TO MINIMIZE ITS EFFECTS:

Choking is most frequent at the finish of games, sets, and matches due to the uncertainty of outcome. You can limit choking damage by immediate acceptance of this uncertainty. Avoid stressful thoughts of winning by using rituals, focusing, and relaxation techniques. Rid yourself of the idea that choking will make you lose, and recognize that there are usually multiple opportunities to win, not just one.

CH. 7: CONFIDENCE AND HOW TO GET IT IF YOU DON'T HAVE IT:

Confidence, aka self-belief, comes mostly from winning. Though it's more difficult, you can win without it by replacing it with sufficient emotional discipline. Slumps and hot streaks occur in cycles and both end naturally with time. Stressing over a slump prolongs it. You can speed its ending by several methods which we discuss.

CH. 8: GAME PLANS:

Game plans give your efforts direction and structure. They can rely primarily on offence or defense but

should be consistent with your personality. With Plan A you are looking for a match-up where you have a relative advantage, most commonly pitting your strengths against an opponent's weakness.

Tennis:Winning the Mental Match By Allen Fox Bibliography

- Sales Rank: #280692 in Books
- Published on: 2010-09-30
- Number of items: 1
- Binding: Paperback
- 166 pages

 [Download Tennis:Winning the Mental Match ...pdf](#)

 [Read Online Tennis:Winning the Mental Match ...pdf](#)

Editorial Review

About the Author

Allen Fox, Ph.D. earned a B.A. degree in physics and a Ph.D. in psychology from UCLA where he won the NCAA Singles and Doubles titles and where he was named UCLA Athlete of the Year and All University of California Athlete of the Year. With the same competitive zeal that propelled him to the number four ranking in the United States, to the quarterfinals at Wimbledon and a 3-time member of the US Davis Cup Team, he coached and built the Pepperdine University tennis team into a national power, mentoring, among others, renowned coach, Brad Gilbert. Dr Fox's Pepperdine teams were ranked among the nation's Top 5 for 10 consecutive years and reached 2 NCAA Team Finals.

Dr. Fox wrote the tennis best sellers, *If I'm the Better Player, Why Can't I Win?* and *Think to Win*, and most recently, *Tennis: Winning the Mental Match*. He is an editor of and contributor to *Tennis Magazine*, writes for various web sites, and is well-known for his 1-Minute Clinics on the Tennis Channel. These have been showing for the last three years. He also lectures around the world on tennis psychology, including at the national conferences of the USTA, USPTA, and the PTR. In addition, Dr. Fox consults on the mental issues of tennis with players of all levels, from recreational players to pros and is the Mental Fitness Director at the Weil Tennis Academy in Ojai, CA.

He lives in San Luis Obispo, California, with his wife, Nancy and two sons, Evan and Charlie.

Users Review

From reader reviews:

Barbara Shephard:

What do you regarding book? It is not important along? Or just adding material when you really need something to explain what the one you have problem? How about your time? Or are you busy particular person? If you don't have spare time to complete others business, it give you a sense of feeling bored faster. And you have extra time? What did you do? Everyone has many questions above. They need to answer that question because just their can do in which. It said that about book. Book is familiar on every person. Yes, it is right. Because start from on kindergarten until university need this particular *Tennis:Winning the Mental Match* to read.

Eleanor Sotomayor:

This book untitled *Tennis:Winning the Mental Match* to be one of several books that will best seller in this year, here is because when you read this reserve you can get a lot of benefit upon it. You will easily to buy this specific book in the book shop or you can order it through online. The publisher of the book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Smartphone. So there is no reason to you to past this reserve from your list.

Duncan Houghton:

Often the book Tennis:Winning the Mental Match will bring someone to the new experience of reading any book. The author style to explain the idea is very unique. In the event you try to find new book to study, this book very suited to you. The book Tennis:Winning the Mental Match is much recommended to you to read. You can also get the e-book from official web site, so you can quicker to read the book.

Allen Lutz:

This Tennis:Winning the Mental Match is great e-book for you because the content which is full of information for you who all always deal with world and still have to make decision every minute. This specific book reveal it information accurately using great arrange word or we can point out no rambling sentences inside. So if you are read it hurriedly you can have whole information in it. Doesn't mean it only will give you straight forward sentences but challenging core information with attractive delivering sentences. Having Tennis:Winning the Mental Match in your hand like keeping the world in your arm, details in it is not ridiculous a single. We can say that no reserve that offer you world throughout ten or fifteen moment right but this publication already do that. So , this is good reading book. Heya Mr. and Mrs. busy do you still doubt that?

**Download and Read Online Tennis:Winning the Mental Match By
Allen Fox #48X0FAEQNSJ**

Read Tennis:Winning the Mental Match By Allen Fox for online ebook

Tennis:Winning the Mental Match By Allen Fox Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Tennis:Winning the Mental Match By Allen Fox books to read online.

Online Tennis:Winning the Mental Match By Allen Fox ebook PDF download

Tennis:Winning the Mental Match By Allen Fox Doc

Tennis:Winning the Mental Match By Allen Fox Mobipocket

Tennis:Winning the Mental Match By Allen Fox EPub

48X0FAEQNSJ: Tennis:Winning the Mental Match By Allen Fox