

A 6 weeks program to Get ready for pennant



All in one method to perform in tennis.

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Free E-book designed for tennis players, coaches and parents keen to win more matches whatever the level.

Introduction

To know the challenges, in order to adapt your preparation.

As a doctor who gives the wrong treatment because he did the wrong diagnosis.

Similarly, if you are not aware of the challenges that you will face during the game, you won't be able to do a great training. Also, it's important to know human nature. Both aspects will help you to design a suitable training.

Tennis : A physical challenge as much as a mental challenge

The physical skill of a tennisman is between a sprint and endurance). It's an endurance sprint (like 800m), in order to get a quick start and to recover quickly.

Did you know that you play around twenty minutes for an hour thirty minutes of a match ? The rest of the time is resting or getting ready for the next point. Real question is :

How to manage the time between each point in order to be at your best during the point ?

We are all different but the principles remain the same.

Here is the structure of the sessions :

1) Light stretching and general warm up	5) Play from the baseline
2) Specific warm up	6) Game from the baseline
3) Little game to abilities	7) Serve
4) Volley	8) Game from the serve

Principles :

Turn off the mobile phone - Set up an alarm if needed.

Intense training rather than too long

Eat at least 4 hours before training, have a snack 2,5 hours before.

Water, surgrip and towel ready.

The human nature

We all want to be a little more than we are today. If we know money, we want more money, if we know relationships, we want stronger relationships, if we know travel, we want more travels.

The direction that you will take will depends on your awareness that you have today

Would you stay as motivated as now if you would have the same level in two years time ?

Probably not...

It depends on how you manage your energy and where your awareness is.

The time

Time flies and cannot be stored. In this sense we have to use a way of training which optimize this time :

One Day “Fast” and one Day “Slow”.

As you might have noticed I didn't say “one day active” and “one day inactive”. Because the resting day it's an active rest. All days will be active but the quantity of work will be moderated because we want to hold the pace. A day off is possible per week.

The attitude

Before to start i'd like to introduce you the three types of attitude :

- The pseudo idealistic
- The fatalist pessimistic
- The activo optimistic

Be sure that you are in the third one. The attitude is something that you can manage. It's 100 % your responsibility. I will bring more details to the website.

The two first attitudes are based on mental stuff. What we want is to able to play without thinking and to teach the body to adapt the way we want.

One day, one point

If the match is for 150 points, ask yourself what have you done the past 150 days before the match ? Watch videos on youtube ? Complain and find excuses ? Or Practice and keep an open mind ?

The real question is not what to do but "How to do ?"

- **What exercises can you do at home and on court ?**
- **How can you maintain that ?**
- **How to be sure that you do well ?**

Week 1

Go !

To break your habits

At this stage, the most important thing is that you break your habits. It's the only way to become a better version of yourself. It's literally a transformation. Don't worry, you will stay the same deep inside you but people won't recognize you, especially when you will play in a match :)

You **will start by running once every two days for twenty minutes each time**. Feel free to download the nike app on your smartphone and start with the first run.

Afterwards, take a cold shower. If it's winter, the temperature must be cooler than the air.

The next day is the slow day

This day is designed for rest. To stretch and to release tension. I'm using a tennis ball to decrease tension in my legs. I recover quicker and I feel lighter. I'll make a video to explain to you the basics of the use.

Keep this for two weeks

The purpose is that you face new situations. Sometimes, it occurs that you are not motivated. Go out ! Buy a lamp to run at night. And if you really can't, you don't need to bother you.

“You cannot store time, you can only use it”

“Every time that you don't use is lost”

Week 3

Be the change

Improve the slow rhythm

Studies show that if you feel fulfilled and you do what you love, you perform. But, it does not work on the other side. If you perform, it does not mean you are fulfilled.

Where goes the attention, the energy flows (Dandapani).

Download the app. **Breathing app** and setting it up for fifteen minutes. Find a quiet place.

The purpose of that is to increase your amount of attention.

Sit in cross legs posture on a cushion, palms of your hand facing up if possible. If you can't grab a higher cushion until it's comfi for you and can keep your spine erect.

Keep your attention only your breathing. This strategy is to avoid any distracting thoughts that occur without being conscious of.

Study shows that we have between seventy thousand to ninety thousand thoughts in one day. Most of them (around seventy percent are negative).

In some ways, they are negative, because we focus our attention on what we cannot control. (We care for our peers).

By shifting your awareness, to what you can control you become more positive. This will change your energy and will help your surroundings, because you will be more conscious, more responsible in how you react, and less compulsive. Put in another, more mature.

Feel the fresh air coming into your nostrils and the heater one comes out. Be in sync with the sound of the app. Feel free to use ear plugs.

Do this every two days and from next week, do it everyday.

Situations on court

(Feel free to follow your own rhythm)

I suggest you do the same session twice a week, in order to go deeper.

Session 1 : Slow - fast !

Explanations : Time is the key element in tennis. You might know what to do but if you don't have time to make it, it's pointless.

In this session I share with you the structure to create time when you play to able to increase the quality of your actions.

[Click here to figure out the session](#)

Session 2 : Serve and return

Explanation : The first shot of the rally is the most important one : If you make a double faute or an unforced error in return, you won't be able to use the shot that you trained for (what a shame).

There are some keys element that i want to share with you today :

[Click here to discover the second session](#)

Session 3 : Concentration and self control

Purpose : To be more concentrated and to increase your self control

Purpose : How ? If you miss, assess without judging.

[Click here to discover the third session](#)

If you cannot play tennis, run for 20 minutes, as last week.

Week 4

Keep going

At this stage, you might notice that every experience comes from within and you can manage to feel better insight. If you would have the choice to be joyful or to be miserable, what would you choose ?

Joyful of course. It's similar when you play in a match.

Remember that an effective work is work that you keep doing. There is no point to do a big sprint and having no energy to finish the match.

Better to do than perfect

Even though nature is perfect, we should not chase perfection in our actions. Rather, be sure that you are consistent in the training and you keep an open mind. If you practice to be sure to win, it means you are not on the edge.

To win, you must have a chance to lose. Otherwise, this is not the right challenge.

To be in the action.

Not in reaction

Feel free to write the changes that you notice in a book, early morning or before going to bed.

Week 5

The flow

On court Video (Video energy forehand).

Initially, the energy is created by pushing against the ground. Then the energy flows through your body

In this sense, your technical skills are some energy which flows in your body, from one point to another.

Physical and technical are connected.

In fact it's all a question of energy : How will you generate the energy ?

How will you keep it ?

How will you distribute it ?

Similarly for serve

If you are too tight during this process, the energy will be locked somewhere and there will be no power in the shot.

The power is the speed multiplied by the strength. So, if there is no speed, (because too much strength) there is no power.

Week 6

To put all together

We all have a body, a mind, some emotions and some energy. If we enhance those for parts, we will enhance the quality of life and the quality of our training.

If you nourish your energies, your body and your mind in the right way, your life will be enhanced. Be grateful for how your body reacts and how beautiful it is. Be conscious of it all the time.

Body	Energies
Mind	Emotion

According to Jari Vasudev, emotion is the juice part of a thought. It means that the emotions depend on the mind. The best way to improve your system is to raise your level of energy. Then, you will be able to change your body, your mind and your emotions.

Once your energie is elevated, feel how your body will feel when you will live the experience. The sensations, the choices, your actions... Live the moment even though it's never happened.

[According to Dr Joe Dispenza](#), the body does not make the difference if it's really happened or not. As evidence, we can still live with a sad feeling about an event that happened in the past. You can do the same for the future.

About tennis, there are also four aspects

Technical	Tactical
Mental	Physical

Those four parts cannot be separated for tennis, such as the four parts of human nature. As a result we have to consider that as a whole in order to chase the balance.

Everything which is unbalanced will collapse one day.

To have a wider vision.

There are two ways to chase the consecration.

1) You know where you are good at, you keep improving your skills and you help people.

2) You don't know where you are good at, you serve people, and you will see where you are good at.
(What you like to do and how you do).

The feedback

The feedback is the direct moment where you will build another perception from you. The purpose is to use each moment to become more and more conscious. If you say to yourself "it's possible" you won't see the reality and you will be stuck at this level. (even though you think it's positive to react like that).

Assess what happened, simply. For instance, the ball finished slowly in the net. That's it.

To sum up

Kiss (keep it stupid simple)

In your intention, in your way to move, to act, to think.

Less is more

Be light, from toes to hand. Less you need to have something to operate, the better it is. The goal is to play without thinking, like you walk.

Everything is energy

It's the energy that makes the matter. If you change the energy you change the matter. Too many people try to change the matter. It's possible but it's far more difficult and it takes more time.

Slow, Fast !

Slow comes always before the fast rhythm. It means that if you did not make this first step well, the second won't be great.

The Zoom discussion

I'll be available on zoom the second Tuesday of each month at 8.30 pm (Paris time) to answer your questions : Here is the number of the meeting : 8443883892.