

Free Ebook  
HOWTOPLAYOURBESTTENNIS.COM



**5 KEYS POINTS TO  
IMPROVE YOUR  
TENNIS GAME**

Do you feel that you often repeat the same mistakes in match ?  
Are you stressed and stuck in a match?

If yes, this Ebook is for you.

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## Introduction

Better understand the challenges to better prepare for them

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Tennis = Tricky sport, 6 Reasons

It is an open abilities sport which means that all your actions depend directly on your opponent, except your serve.

**Nothing is planned in advance.**

Like an arm wrestle, you can be in **defense**, **attack** or in a **neutral** situation (balanced situation).

You don't know when the match will end  
(you have to stay focused until the last point).

The time that you play in a match is between 10 to 15 minutes.  
(study shows on hard court and green set).

There is no direct contact with the opponent.  
(You cannot assess your effectiveness directly).

Your opponent and the surface area are not known in advance.

Most sports don't have all of these constraints.

The way of training in tennis has to consider all these points, if you  
want to train effectively.

## **1 - The only real teacher is the game**

In the game there are **tactics, technique, physical and mental**. Because of the game you will have a more precise overview of your tennis level. This will allow you to see the situation with more clarity in order to target your needs better.

**There is no more aspect important than another one [Technical, physical, mental, Tactical]. It's the balance between those parts that creates the value.**

**2 - The goal of training is to reduce the number of errors, not to avoid them.**

In other words, if you're ambitious, aim for excellence, not perfection [cf : Zero mistake].

If you're looking for perfection, you're aiming for an unachievable goal, you won't get it, then you will be frustrated.

When you are frustrated, you are physically tensed. In this conditions you don't play your best game.

**If you don't allow yourself to miss,  
you don't allow yourself to learn.**

### **3 - Stay present**

Through this state of being, you sharpen your senses. (See better, feel and hear better) and you start to be calm which gives you self confidence.

So, it's not because you think that you are confident, that you are.

It's because you have clarity, that you are confident

### **4 - See the situation how it is.**

Don't be dragged by your past. The drama is only in your mind. After making a mistake, your worst enemy is you.

Allowing yourself to miss is the best way that you can react.

By observing and not judging the result straight away, you will dramatically decrease your stress level and you will start to be more creative and more precise on the court.

**It requires training but it's achievable**

## **5 - Practice yoga, to be as you would like to be**

Very often, players are focused on the outside without worrying about what is going on within themselves. But where is the experience? inside or outside? inside.

**We therefore should worry about our inner state during action to be more effective.**

### **Accuracy - Motivation**

We are much more than what we think. And even if we imagine our possibilities, it is done on the basis of what we have already achieved in our past. If it's the case, you are going to play the same patterns over and over again. Which leads to the same results.

# Why is this important?

## Explanations

The coach was on a desk and he demonstrated the blank motion, then players tried to reproduce the same mechanic with the tennis ball. And you know what ?

They struggled to target the racket head....

Because the coach didn't take into consideration the timing.

By training your technique during the game, you'll be doing what you can do today with the discomfort that comes with it. This discomfort will incite you to make a more simple choice and motion. Which is vital when you play.

2 - An object can be perfect but not a human being.

Ex: A racket, a shoe are finished objects, which meet a specific need... We can therefore say that it is perfect for the use that we make of it.

Human beings are always on the move, they are never finished.  
So it can't be perfect, but it can be excellent.

Excellence is more powerful than perfection.

Choose excellence

3 - Our memory and our imagination are two great possibilities that we have. Unfortunately we can feel stressed and confused if we get used to identifying with this.

4 - If you see the situation as you would like to see it, you may not have enough data to make decisions and be more technically reliable. (ex: Watching the ball intensely touch the strings of the racket when you hit the ball).

It is by changing your perception that you will change your realization. For example, it can be a different look that you could wear after a point.

To place your energy on what has been or on what already is.

Today is all there is and it can't be otherwise

Realize that all experience is lived from within. Never outside. The trigger may be outside, but all the ingredients are already inside of you.

5 - "Form is substance". When we practice an activity, it is simply self-expression from within ourselves.

With yoga, it's different, the concentration is no longer outside but inside. Each movement is accompanied by a breath and the body likes it. The vital energy is activated and the body as well as the mind are reorganized.

How would you play if you would be intense mentally and calm physically more than 80% in a match ?

**I invite you to practice yoga in the morning together, click on this link to join me in live !**

**[On the Youtube channel Howtoplayourbesttennis.com](https://www.youtube.com/channel/UC...)**

Are you ready to start the journey ?

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# Bonus

## Experiences to do

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### **Situation 1:** I see it, I feel, I believe ! [off court]

Instructions: Send the tennis ball with your hand into a bucket

Stand 10 meters from the target. Clearly imagine the trajectory of the ball leading to the target. Mentally, say to yourself: "I see it, I feel it, I believe it! ". You have five tries. With or without bounce before.

### **Situation 2:** Accuracy of shots [on court]

Instructions: Stand 2 meters behind the service line. You win one point when the ball hits the service line. The first to 2 points.

### **Situation 3:** No volley no attack [on court]

Instructions: Only in the service boxes. Place the ball at the top of the net over the middle line. Let the ball drop, then lob your opponent. Volleys and fastballs are not allowed, otherwise you lose the point. Up to 11 points, win by two. Nb: Use a softer ball if it's too difficult.

**The idea is to rethink the way to learn, not just know the theory but master it.**

**To be Intense mentally and calm physically**

**This is how you will play your best tennis.**

**If you want to see faster results, be fully involved.**

**It's as simple as that.**

**What is the biggest obstacle that you face when you play a tennis match?**

Feel free to ask your question on the home page [Howtoplayourbesttennis.com](http://Howtoplayourbesttennis.com)

Thanks for reading, see you then.

Mathieu