

TRAINING METHODOLOGY

3 LIMITS OF TENNIS – COMPREHENDING – APPLICATION – PROFICIENCY

3 LIMITS OF TENNIS

MENTAL

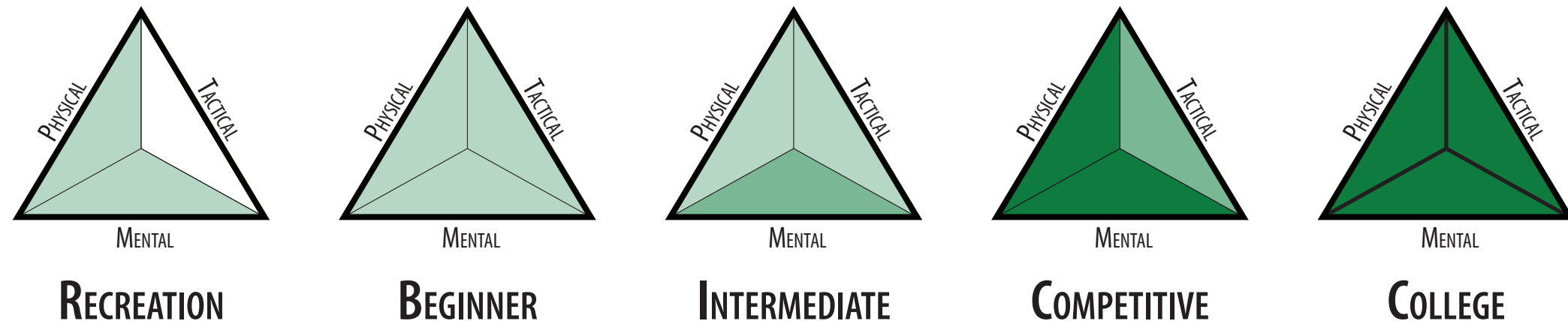
AT VARIOUS STAGES OF DEVELOPMENT, TENNIS OF THE MIND FORMS INTO SOMETHING DIFFERENT ALTOGETHER. HOWEVER, THE FOUNDATIONS OF THIS DEVELOPMENT COME FROM AN INTENTIONAL DEVELOPMENT PLAN THAT STARTS FROM GAINING CONFIDENCE IN SPECIFIC ASPECTS OF THE GAME FROM THE FIRST TIME WE START TO SWING THE RACKET. FOR EACH PLAYER, THIS WILL LOOK DIFFERENT. WE SAY THIS BEARING IN MIND THAT EACH PLAYER COMES TO THE SPORT WITH VARYING DEGREES OF MENTAL FORTITUDE.

PHYSICAL

THIS UNIQUE LIMIT IN TENNIS IS ONE THAT WE ARE INHERENTLY BORN WITH BUT CAN MODIFY BASED ON PROPER TRAINING. PHYSICAL LIMITS TO A DEVELOPING TENNIS PLAYER WILL AGAIN VARY UPON A MULTITUDE OF FACTORS. ULTIMATELY, A PLAYER'S HEIGHT, NATURAL STRENGTHS AND PHYSICAL ABILITIES CAN EITHER AMPLIFY OR REQUIRE MODIFICATIONS TO THEIR PHYSICAL DEVELOPMENT WITHIN THE SPORT. ALL PARTS OF THIS DEVELOPMENT PLAN MUST BE UNIQUE TO EACH PLAYER BASED ON SPECIFIC ABILITIES AND WILLINGNESS TO TRAIN THIS LIMIT.

TACTICAL

THOUGH THIS LIMIT IS INITIALLY MANUFACTURED IN THE MENTAL SPACE, THE ABILITY TO APPLY AND BECOME PROFICIENT IS DIRECTLY LINKED TO THE PHYSICAL LIMITS. SIMPLY PUT, TACTICAL PLAY IS ONE'S ABILITY TO IMPLEMENT THE NECESSARY PLAN IN THE MATCH AND HAVING THE PHYSICAL ABILITY TO DO SO. HOW LONG CAN A PLAYER FOLLOW THE PLAN BEFORE THEIR PATIENCE OR BODY DECIDES THAT IT'S HAD ENOUGH. TACTICS, IN IDEAL CIRCUMSTANCES, IS THE SUM OF MENTAL FORTITUDE AND PHYSICAL RESILIENCE.
 $TACTICS = MENTAL + PHYSICAL$



COMPREHENDING

APPLICATION

PROFICIENCY