

ITF Coaches Education Programme Level 2 Coaching Course



Case studies on mental training for tournament tennis players

Player A



- Player A has lost 6 first round matches in a row. He was playing good but now it seems that he can't beat anybody. Last year he was National Champion under 16 and now he has lost all matches he has played in Satellite Tournaments, Futures and in the ITF Junior Circuit.
- **Which is player's A problem?**
- **How would you help to solve it?**



Player B

- Player B has lost several matches in which she was leading in the 3rd set or by one set. She's told us that when these moments arise, she starts to sweat more, and breaths faster, she walks very fast and, sometimes, she throws the racquet and yells at herself, the opponent or the umpire.
- **Which is player's B problem?**
- **How would you help to solve it?**

Player C



- Player C is the typical player who always starts all the matches losing the first 3 or 4 games. He also has problems in closing out the sets. When he leads 5-1 the opponents have the opportunity to reach 5-3 or 5-4. He also loses 1 or 2 games after a discussion or bad call. He's the type of player that does not play well when it's very windy or when the crowd is very noisy.
- **Which is player's C problem?**
- **How would you help to solve it?**

Player D



- Player D is this kind of player that only likes to play if she plays for money or rewards. She only gives 100% when her match is scheduled in the centre court, the show court or one of the main courts. If not, she gives up, doesn't try hard and gives lots of excuses.
- **Which is player's D problem?**
- **How would you help to solve it?**

Player E



- Player E plays a match where he serves and volleys on every first serve. Player E wins 20% of the points when he went to the net and loses most game points. Over the past month Player E has been practicing this tactic.
- **Which is player's E problem?**
- **How would you help to solve it?**

Player F



- Player F plays a match and loses most of his break points and game points with a missed forehand going long. Player F has changed his forehand grip from a western to semi-western.
- **Which is player's F problem?**
- **How would you help to solve it?**



Player G

- Player G is usually very affected by things that happens around her. For instance, when she has the crowd against her, she loses the match very easily. She does not react when playing against a very aggressive player. She tanks and does not fight.
- **Which is player's G problem?**
- **How would you help to solve it?**



Player H

- Player H performs very strange routines before each match. She does not have breakfast or refuses to eat or drink before the match.
- **Which is player's H problem?**
- **How would you help to solve it?**

Player I



- Player I always looks at her coach when playing a match. After every point, she turns and looks out to see if the coach is there to give her instructions or encouragement. One day, when her coach was not present, she called him with her mobile during a changeover for advice. She seems not to know how to play if her coach is not present.
- **Which is player's I problem?**
- **How would you help to solve it?**