

Mental Skills Drills And Plenty of Them!



Catch or Commit

The Kings Speech
Confidence Moves

Roll The Dice

Carlsberg drill

Result Reasoning

Effort-Performance-Effort Talk

Helpful Mistakes

Confidence Tank

Choose to score
Freeze!
Choose A Court

Radio Tennis

Shades of Grey

MENTAL SKILL DRILLS AND PLENTY OF THEM!

This workshop is a 'no frills' catalogue of great mental skill drills.

The drill's list feature 'on court': 'off court' : 'super coaching' examples, many of which can be cross referenced to The Tennis Coach's Toolkit.

These drills have been designed by tennis coaches inconjunction with applied sport psychologists for tennis coaches and cover vital areas of mental fitness such as motivation, confidence, resilience, decision-making, mistake management, concentration and emotional control.

- DATES: Tuesday 13th September 2011; Thursday 29th September 2011
- TIME: 10am-1pm
- COST: £55.00 (This cost per day does not include the Toolkit, however a relevant handout from it will be supplied.)
- VENUE: MyTennis, LTA HPC, Loughborough University, Leicestershire
- POINTS: 3 LTA licence points can be obtained from the day. A further ... licence points are available for coaches who wish to complete The Toolkit

For further information or to book a place on this course please contact Paul Dent:

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