

Secrets of Winning the Mental Game

Being the compulsive tennis instructor that I am, I feel an obligation to you that just reading my book once or listening to my CDs once is just not enough. Until you actually understand and are able to put into practice fully the ideas found in my book and on my CDs, I feel that my job is not done.

Because practice is the key to mastery, I've put together an "after lesson" action plan to guide you in continue practicing the mental game of tennis.

Now go play the mental game and I look forward to hearing from you in the future about your progress.

David Ranney

ACTION PLAN for Mastering the Mental Game of Tennis

1. **Be sure to go to <http://pureperformancesports.com/cd-tennis-downloads/>** to download and print all the extra items. These are very important for you to have.
2. **Read through my whole book and or listen to all the CDs.** You will be re-enforcing what playing the mental game all is about and what you have already learned.
3. **Re-read or read for the first time**, Tim Gallwey's book, *The Inner game of Tennis*.
4. **Read Ron Waite's e-book *Perfect Tennis, 10 Steps to a Much Better Game*.** This e-book compliments my book and gives you easy and necessary steps for you to take to facilitate improving your game. Only \$10.00 and it is an absolute must if you are really serious about improving. Go here to order. www.tennisserver.com/turbo/perfect-tennis.html
5. **Know that your ultimate goal** is to find out what state your mind and body need to be in to play your very best every time you play. My book and/or CDs will guide you to this place as you work through the Lessons.
6. **Go back and re-read and review the "Core Principles"**. These principles will be the foundation to everything you do when playing the mental game.
7. **Letting go of winning is a huge key to playing the mental game.** Just knowing that winning takes care of itself and **letting go of judgments** on how you play are big first steps into discovering how to play your very best every time.
8. **Read the lesson on seeing the ball and the lesson on breathing all the way through again. Have you taken "the test" talked about in the seeing the ball lesson and gone to the Secret Answer page? This is the critical part of seeing the ball.** Spend at least a week where all you are doing is seeing the ball as described in this lesson. Re-read the lesson at least three times during the week so that you don't miss something important when you see the ball. Also, make sure that you "play" the other little seeing the ball games.

9. **Spend the next week, working on your breathing.** Again, re-read this lesson three times during this week. **Just because you find the breathing difficult to do, please do not ignore working with it** as it is a critical part of playing the mental game.
10. **Spend week #3, working on the relaxing of your body.** Really work on relaxing your grip, your wrist and any other part of your body that seem to be too tight. You do this by feeling or what I call “body awareness”.
11. **Start doing the drills.** Once you have worked on the seeing the ball, breathing, and relaxing one at a time as explained above, now is the time to continue working on (if you haven’t already) combining seeing the ball and breathing. While you are doing this, pay attention to what is going on. Your mind will guide you to what you need to pay attention to. For example, if you are hitting a lot of balls long, you will need to focus on the corrections which are all found in other lessons in my book. This is why I want you to keep reading my book or listen to the CDs over and over again until you have all these “corrections” memorized so when they come up you can fix them immediately.
12. **Spend a week doing the Mother of all Tips lesson** at least 10 or 15 minutes each time you drill (not to be done in a match or game) and are warming up. Really work on doing exactly what it says. Holding the follow through means having your whole body and racket come to an absolute and complete stop. While you are holding, check to see if your body (especially your arm, wrist and fingers) are relaxed.
13. **Go through the rest of the lessons one at a time** and spend as much time on them as you feel you need.
14. **I have a personal checklist** that I use when practicing. You can use them and customize the checklist for your own needs. To print these checklists, go to http://pureperformancesports.com/?attachment_id=1451.
15. **Re-read my book or listen to the CDs at least every 3 months for the first year.**