

Winning Smart Champion's Mindset

Winning Smart-

Adapted from Brad Gilbert's book 'Winning UGLY'.

Introduction

In this article you will read about the preparation on how to be at your best, and how you can win smart? The question would be if you could plan to win? Further we will discuss on how to outsmart your opponent!! Also looking how you can gain advantage over other players?

Early Preperation



Fail to prepare...prepare to fail

Your game begins off the court, that means that you should be start before you even play your first game. Your warm-up is part of your game, and should be early on.

Thinking on the game:

Start thinking ahead about your game, maybe start finding out who you play, then go and have a look at their game if they are playing!!

Early Preperation

Think Smart!!

Who am I playing and how can I beat him/her?

Find out who you playing? Start thinking in ways to beat your next opponent?

How do they attack and when/where?

Watch their game if they are playing and look when and where do they attack?

What's his/her weakness?

What are they continually doing wrong? Could be their back hand, or they don't like a short ball on their forehand? Could you benefit from their weak inconsistent serve?

How should I play against my next opponent?

Look at what is working against them, watch what they doing in their current game?

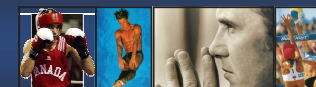
Early Preperation

Right Equipment



Make sure you have your equipment:

- **Extra bats (and balls)-** bring maybe extra blade or bat
- **Extra shirt and socks-** this could help psychological to change into something else. You will sweat!
- **Towel-** don't forget this, because you can be put off for few games if you forget or misplace your towel, it breaks up the rhythm also.
- **Secret Drink.....WATER** (or an energy drink)—NO pop or fizzy stuff
- **Energy Bar-** any snack or fruit



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Early Preparation

Smart Warm-Up

A warm-up of 10-15 minutes

Warm-up at tournaments are vital, and should be taken seriously prior to any game. It should be effective and purposeful.

Stretching-

Stretching should be done before every game to prepare your body and muscles for the game and activities ahead.

Practise

Make sure you have a good focussed practise for at least 15 minutes. Go and find a good hitting partner to go through all you shots.

The moment you are preparing your body and mind for the game... you should be switched on for your game

Early Preparation

Start Smart

Be switched on

And ready to win. You don't want to arrive at your game and then still warm-up or practise, you should get in there and be ready to win.

Grab an early lead

Start as early as possible to win points to gain a lead early on, it will place pressure on your opponent from the word go.

Focus on your first game points

The most important is the start of every game, Get out of the blocks early

Step up a level on every point or game

Once started, step up your game to gain confidence.

Playing Smart

Strategize NOW

Setting up your game plan

Work out your game plan against your opponent or even the plan for the whole tournament.

Finding a way to win-

Seek ways that you can win wisely and smart.

Maximise your strengths

And minimize your weakness.

Destroying your opponent's game plan

By focusing on your game plan, you could disrupt your opponents plan.

Playing Smart

Ways to Win

Keep your own game rhythm –stick to your game plan

Hold your composure– don't be overwhelm by anything

Use momentum– if you feel good and play well, USE it

Use your 'Time-Out' to your benefit– stop and think...strategise

No Unforced Errors– try not to play unnecessary risky shots

Serve Sensible– make sure of your percentage –you only get 2 serves each time. Serving is a vital part of the game!

Get 'focal points'—within the match where you need to focus where it's a crucial game situation

- stretching a lead
- set points
- deuce points
- closing a match down– finishing off an opponent

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Champion's Mindset is part of the Leadership Academy at the Sport Leadership Academy Ltd.

