

ZOOM TRAINING ORDER FOR DELIVERING A SESSION

A SIMPLE, EFFECTIVE SEQUENCE TO HELP PLAYERS UNDERSTAND, BELIEVE, AND USE THE CONCEPT

1

RELEVANCE

START WITH
THE PROBLEM



Help the player recognize the challenge.

- Ask a question they can relate to.
- Highlight a common situation or struggle.
- Create curiosity and make it relevant to their game.

"Have you ever played great in practice but tightened up during an important match?"

2

RELATE

GIVE AN
EVERYDAY ANALOGY



Connect the concept to something familiar outside of tennis.

- Use a real-life example players understand.
- Make the concept easy to visualize and remember.
- Help them see how it applies in everyday situations.

"Think about taking a difficult exam. Knowing the material isn't always enough if anxiety interferes with your thinking."

3

RESEARCH

EXPLAIN
THE SCIENCE



Share a short, evidence-based explanation.

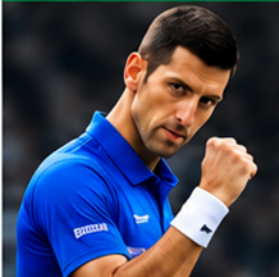
- Provide key research or facts.
- Explain why the concept matters.
- Keep it simple, clear and relevant for players.

"Research shows that pressure can affect attention, decision-making and execution. Mental skills help athletes regulate their response and perform better under pressure."

4

ROLE MODELS

SHOW PRO ATHLETE
EXAMPLES



Demonstrate how elite athletes use the concept.

- Show real examples from professional tennis players or other athletes.
- Highlight what they do, when they do it, and how it helps them.
- Make the concept credible and aspirational.

"Watch how top players use breathing, routines, and self-talk between points to prepare for the next point."

5

PERSONALIZE

CONNECT IT
TO THE PLAYER



Help the player identify how it applies to their game.

- Ask reflective questions.
- Explore when and where the concept is most useful for them.
- Identify their specific triggers, patterns or situations.
- Turn general knowledge into personal awareness.

"When do you feel the most pressure? What happens to your breathing, thoughts and body language?"

6

REHEARSE

PRACTICE
THE SKILL



Create a specific on-court activity to apply the concept.

- Design a drill or game to practice the skill.
- Start in low-pressure settings, then increase intensity.
- Give clear cues and focus points.
- Help the player develop confidence through repetition.

"Play a pressure game at 30-40. Before each point, practice one deliberate breath, one empowering statement and one clear tactical intention."

7

REFLECT

ASSESS AND
REINFORCE



Evaluate what happened and plan the next step.

- Ask what worked well.
- Identify what to continue, adjust or improve.
- Reinforce progress and celebrate effort.
- Plan how to use the concept in the next match or practice.

"What changed? What worked? How will you use this in your next match?"

FROM UNDERSTANDING TO EXECUTION

Make it relevant → Make it real → Make it credible → Make it personal → Make it practical → Make it stick

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