

Title:

Importance Of The Tennis Mental Game

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571

Summary:

My son has gained an edge on me after he became a staunch fan of Federer. Kids will learn from Federer vs. Safin, a short compare and contrast. Actually, just a contrast. Well, fine, both of them. Changeovers (Federer)- Sits down in his chair, meditates, clears his mind, visualizes victory. Cha...

Keywords:

Basic, Rules, Playing, Tennis

Article Body:

My son has gained an edge on me after he became a staunch fan of Federer. Kids will learn from Federer vs. Safin, a short compare and contrast. Actually, just a contrast. Well, fine, both of them. Changeovers (Federer)- Sits down in his chair, meditates, clears his mind, visualizes victory. Changeovers (Safin)- Screams at umpire, heads back to line to show mark of ball, tosses racket. During Point (Federer)- During a point, or in the whole match from a bigger perspective, you win. During Point (Safin)- Safin recently broke a tennis record. Two actually. And possibly a third. However, Safin has beaten Federer. At the 2005 Australian Open Semifinals he took down Federer. Getting to the mental level of Federer takes years, even decades of experience. I never had an edge. Here are some tricks I learned:

- * Bounce-Hit: I can't stress enough how useful this one is. It helps you concentrate without t
- * Be Happy! This is as much a tennis tip as a life tip! If you look happy, it will not only co
- * Control Your Emotions! Don't go on a racket rampage, throwing it at the fence, the ground, a

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