

Winning Edge Masterclass

Case Study Story #1

In tennis, I have a relaxed and competitive approach. I love to compete. I belong on the court. Before playing I spend a few minutes to breath deeply and look at my mind. I scan my body, feeling my hands, my legs, my shoulders and arms, notice my eyes, notice the way my brain feels physically and I turn any tension into relaxed energy. I imagine a strategy or a mode of play. Aggressive net play, taking off to poach, rallying co-operatively or aggressively seeking opportunities to attack. I picture targets to serve to. My second serves are confident. I picture the patience to hit at 60% rhythm throughout the vast majority of my shots.

I pick something to immerse myself into. Something that I can return to with a “that’s why I’m here, no matter what” attitude. It is something like, “loose hands aggressive legs” or “safe targets”; or “play co-operatively with the opponent” or “exhale smoothly at contact” or “steady gaze at the contact point”. Between points I breath deeply, relax my jaw, and I walk with confidence. I feel my feet. I play with full awareness and curiosity from start to finish. I commit to being a generous observer even when I make mistakes or when I wonder if I can keep things going in the right direction. I am a master of finding solutions and doing my best to perform at the optimal level

I come out of the gate strong. My attitude often gets me out in front early. I’m able to stay out in front. I have the attitude to keep playing better even as my opponent begins to find his game. I love a competitive match, I feel exhilarated. I turn nerves into a channel of competitive positive energy. I habitually see nerves are a ball of energy to be rechanneled. When behind, my focus becomes even more laser-like. I let go of mistakes and start each point with a clean slate. I step up to the line to serve or receive with clarity, confidence and purpose. I get to work with a plan. The more nervous I am, the better I play.