



READY FOR CLAY? PART 5

WHEN NOTHING WORKS ...

SOMETIMES NOTHING SEEMS TO WORK ON THE COURT - WE WILL EXPLAIN TO YOU HOW THAT IN SPITE OF THIS YOU CAN STILL GET THROUGH THE DAY SUCCESSFULLY.

The sound of the ball cannister opening starts the match for you. You are pleased to be on the court at last. Your last practice was good. The shots came. The length was correct.

You get used to your opponent. Timing seems to be in your favour. Your small steps lead you almost automatically to the ball. Meeting point is correct. The feedback from the twang of your strings on contact tells you: Everything fits.

Now off we go. You are ready for the first return. You prance about to show your opponent you are prepared. Your opponent serves with little speed and a slightly unsteady arm against your strong forehand. You watch the ball, prepare and play the ball with the frame towards the fence.

WHEN NOTHING GOES WELL, KEEP IT SIMPLE.

The start to the match drags through the first three serves. You wonder why indeed you bothered to string your racket. The majority of the balls you met on the frame. A maximum of three shots reached their target to some extent - but far too short.

You sit unsure, annoyed and with raised pulse on the bench. And are not so sure what has actually happened in the last twelve minutes of play. Twitter, advertisements, information and Data security. Now you can make a big mistake. Simply continue to play in the same way. And try to put matters right by force. Before the scoreboard can react you will be congratulating your opponent over the net. Force will not help.

Instead you should sort out your options in your head. 95% of them you can dismiss and then install easy, simple trains of thought. Wirf stops, slice, winner, forehand inside out and other ingenious ideas. When nothing goes well and you are unable to play a clean ball you need an emergency plan. This plan must be immediately accessible in your head. Before you get the already mentioned crowbar from your bag and bring force into play.

TIPS FOR THE EMERGENCY PLAN

We have already broached how such an emergency plan can look. You must be prepared for such mental setbacks so that you can react intelligently. Many players simply give away matches. Many players do not know how to react in such situations. They do not have an emergency plan. Your plan for difficult situations should include:

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- Calmness and concentration on the situation
- Less speed in your shots
- Longline ban
- No stops, short cross-shots or other fancy moves
- More spin in your shots
- More spin in your shots
- Concentration focused on small simple things
- More certainty, in order to hit more balls
- More rhythm

Even a grin can help to ease the serious situation on the court and to relax and make you calmer. An emergency plan prepares you for bad days. Keep it simple, do not doubt your qualities and always give your best - even when half your shots seem to stick to the frame.

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