


THE 16-SECOND CURE with JIM LOEHR:

FOCUS: PRESENT FOCUS

- **Past Focus:** What happened during the last point? The mistake or great shot you just hit.
- **Present Focus:** What is currently happening and task?
- **Future Focus:** Focuses on winning or potential things that will happen it this game, set, or match.

During the heat of battle and competition your body chemistry changes. Stress hormones will help you achieve success or can undermines success due to human responses. Mental toughness helps you understand and control these stressors to help train you to be successful. One way is to play competitively until you learn it, the second way is to go through this training and focus on learned responses. May take years or it may never come.

<p><u>TANKING:</u> What do you see? Target: Black</p> <ul style="list-style-type: none"> • Excuse Maker • Giving up Emotionally • No Energy / Fight • Complaining- Calls, weather, etc. • Whining • No Effort • Gives you a way out. 	
<p><u>ANGER:</u> Target: Blue</p> <ol style="list-style-type: none"> 1. 100% FIGHTING EFFORT. 2. Fueling from positive emotions. 	<ul style="list-style-type: none"> • Showing negative emotion. • Expressing frustration make person feel better. • Fine motor skill and balance suffers • Problem solving and thinking ability. • It is one-step closer to the center of the target because you are fighting.... You care!
<p><u>CHOKING:</u> Most Uncomfortable stage Target: Red</p> <ul style="list-style-type: none"> • Emotion is Fear • Muscles get tight! • Can't Think Straight! • Everything is rushed. • Good sign: You care and you are trying! • WORRY: Losing to someone you should beat.... Looking bad! 	<p>FOCUS ON:</p> <ol style="list-style-type: none"> 1. Rituals 2. Fundamentals / Skills 3. Breathing 4. Balance: Don't Rush - Don't Stahl
<p><u>CHALLENGE:</u> Target: Yellow</p> <ul style="list-style-type: none"> • Give 100% Effort when the pressures is on. • Remain Positive • Play without FEAR! • NEVER MASTERED! Needs to be Practiced! PRACTICE LIKE YOU ARE GOING TO PLAY! 	<p><u>4- STAGES:</u></p> <ol style="list-style-type: none"> 1. Positive Response- 3 to 5 seconds 2. Relaxation 3. Preparation 4. Rituals

CHALLENGE RESPONSE:

<p>1. Positive Response: 3 to 5 seconds</p> <ul style="list-style-type: none"> • Player Turns • Puts racket in opposite hands • Shoulder back - relaxed walk • Images is strong • Pump fist- clap for an opponent for a good shot. 	<p>2. Relaxation: 3 to 5 seconds after point. 6 to 15 seconds.</p> <ul style="list-style-type: none"> • Focus is on strings- convent resting place for eyes. • Confident walk • Stretching- Stay loose
<p>3. Preparation:</p> <ul style="list-style-type: none"> • Refocuses player to focus on what the score is and to mentally prepare. • To say, "I am going to win this point." • GOAL: IS TO PLAY INSTINCTIVELY and AUTOMATIC! • TENNIS is 90% MENTAL and 10% PHYSICAL.... • MAKE YOUR IN-BETWEEN POINT JUST AS IMPORTANT AS YOUR DURING POINT PLAY! 	<p>4. Rituals: 3 to 5 seconds</p> <ul style="list-style-type: none"> • Starts when player's moves up to the service line or serve return position. • Rituals serve to deepen concentration. • To relax and adjust arousal levels <p>Serve components:</p> <ol style="list-style-type: none"> 1) Bounce the ball 2 or more times. 2) Pausing after ritual to prevent rushing service motion under pressure. <p>Returning:</p> <ol style="list-style-type: none"> 1) Stimulation of the feet to stay relaxed. 2) Jumping up and down or swaying back and forth. 3) Visualizing the server or the return. What you want to do.... Do not focus of grips, strategy, or strokes at this time.

THE 16-SECOND CURE: In-Between point sequence- What we should see at each stage:

<p>1. Positive Response:</p> <ul style="list-style-type: none"> • Make or miss shout- Turn toward the baseline. • Shoulder up and head up • Hold racket at throat in you opposite hand. 	<p>2. Relaxation:</p> <ul style="list-style-type: none"> • Head up / Positive walk to back court • Focus on strings. • Stay Loose: Stay in motion- bounce. Focus on getting over stress of last point. • Calm breathing and get balls for next point.
<p>3. Preparation:</p> <ul style="list-style-type: none"> • Take a positive position 3 ft behind baseline to initiate the start of the next point. • NEVER COME ACROSS BASELINE AND SERVE IMMEDIATELY! • Make a strong physical stance / Strong Image... "I am going to win this point." • Say the score and focus on what you want to do during next point. • Serve type, serve and volley, stay back of first serve, attack second serve, cross court return, down the line return, etc. Have a PLAN! 	<p>4. Rituals:</p> <ul style="list-style-type: none"> • Minimum of 2 to 3 bounces on service. • Pause before service to prevent rushing service motion. <p>Return:</p> <ul style="list-style-type: none"> • Stay in motion • Focus on servers toss. • Focus on only the ball <p>Develop your own rituals that will calm you and focus you to recreate the perfect serve or return.</p>

- **At first, this will feel unnatural and forced! With practice, it will become natural and take on your personality and flavor.**