



Realtennis Network – Podcast Episode 003 Interview With WTA Tour Player Chieh-yu Hsu Go to: realtennisnetwork.com

Key Points from our interview

What does it take to become pro?

- Work 100% every day
- **Stay positive, even though you start out losing all of the time**
- You will have to make sacrifices

2. What goes through your mind prior to a match? Stay Positive, Stay Focused

4. In doubles, why do you see the pros playing one up and one back so much?

- Ball is moving so fast now, it is tough to get up there
- You have to rely on your partner to pick off balls at the net

6. What do you stay focused on during the match

- Keep it simple
- Pick a couple of things that you want to do properly
- Know your opponents weakness

What three things can you offer our listeners to take their tennis to the next level?

1. Practice serves a lot (the most important shot)
2. You have to move well the WHOLE TIME
3. Stay positive and don't give up

* Nick Bollettieri quoted Bjorn Borg in an article about concentration. And Borg said,

"The second you step onto the court, the match begins. Every movement, every contact of the ball, every shot hit must be played with the concentration of match point." If you practice this way, you will improve immediately. You will learn the art of focusing, which in time you will translate into match play."

Plus more pre-match considerations like: Have a game plan and a back up plan, Visualize yourself playing against that person, Never give up, Portray confidence all the time, Try to do what you do well and make them do what they do not do well...

FOCUS ON PERFORMANCE AND NOT OUTCOME

See you next week,

Chris Michalowski, USPTA
Coach Mick