



Realtennis Network – Podcast Episode 005 Staying In “The Zone” With Five-Time Tennis Professional of the Year David Brouwer Go to: realtennisnetwork.com/005

If you are not familiar with the term “The Zone,” it is the mental state that you are in when you are playing some of your best tennis otherwise known as “Treeing” in tennis slang terms.

While in the zone, we tend to stay relaxed, confident and are aware of the things that are going on around us with little effort, so it seems. Things seem to be happening in slow

Quick Points to staying in the zone, David Brouwer, USPTA/PTR (Detailed in podcast)

1. We need to try to play and even train in “THAT SPACE” where we are thinking on our own without a lot of interruption
2. Rally more to build confidence because you are doing it on your own
3. The Outcome is not within your control in life and in tennis. You need to observe and not judge. This will build confidence.
4. If we judged everything we did all day from waking up to brushing our teeth, we would be paralyzed, but we do this in tennis all the time. Try to shut this off
5. We need to relax, experience it and let the cards fall where they may. This will keep us loose, relaxed and confident, knowing that we are not in control of the outcome necessarily

Questions From Our Listeners

Luke:” What can I do against players who like to play aggressively at the net?”

Keep them away from the net by:

1. Hitting balls deeper
2. Hitting to their weak side
3. Get to the net first

OK, now that they are up there, what can I do?

1. Lob Them
2. Hit your first passing shot cross court
3. Keep your passing shots low

Kristy: “ How can I control a ball toss that tends to be “Out of Control?”

1. Start with how you hold the ball
2. Practice tossing up a wall
3. Imagine you are a waiter carrying a tray of drinks
4. Toss the ball lower
5. Get an aerobics step to stand on
6. Abbreviate your motion

Much more detail in the podcast to all of these questions. Good Luck!