

Published based on [3 Pointers to Quickly Improve Your Tennis Game](#)

3 Pointers to Quickly Improve Your Tennis Game

1. Visualize a positive outcome-- Before you play your match, consciously focus on all of your strengths as a tennis player. Truly allow into your mind how good you are at defined aspects of the game. Now, whatever perceived faults you have, visualise these deficiencies also as strengths. Tennis is a very psychological game. The reason so many players never reach their potential is often because they are holding onto negative or limiting thoughts about their capabilities. By focusing on your strengths and then visualizing that all aspects of your game is prospering, you'll be far ahead of almost all of your competition who are still stuck in negative self-talk.
2. Focus on having fun-- It sounds extremely simple, but have you ever discovered that your game is at its best when your having the most fun? Contrarily, you might also notice that when you're really focused on the score and on winning, your game tightens up and everything becomes more serious. You're playing to have a good time, right? So don't forget to enjoy the game even in the most fiercely competitive moments. Instead of berating yourself for missing shots, make a quality of curiosity around each element of your game. Ask how you might have improved a shot you missed rather than shouting at yourself.
3. When it doubt, become more aggressive-- During tight circumstances, the instincual reaction is to tighten up and play more conservatively. This often leads to more unforced errors. By swinging more fluidly through the ball, you'll likely notice you are gaining the advantage and putting more stress on your opponent. Your [tennis fundamentals](#) will improve by playing unreservedly rather than more conservatively.

These 3 tips are really important when it comes to competitive match play. Remember, most of the game is psychological, and if you have got the right attitude, you can beat a lot of players who still fight with these facets of the game.

It is also necessary to constantly learn new [tennis tips](#) so that your game stays fresh and continues to develop. [Tennis pressure](#) is straightforward to overcome with the right mind-set and training. Kevin Doherty is a tennis coach and player in Superior, Co.

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