

# The Complete Tennis Player

Speed	Coordination	Quickness	Power
Nutrition/ Hydration	Flexibility	Endurance	

Adjusts to different environments & playing surfaces	Control of points with pace	Well-defined game style	Sound shot selection for different tactics
	Adjusts to different game styles	Able to exploit opponent's weaknesses	



Control & vary the direction, depth, spin & speed of each shot with consistency	Solid dependable weapons	Sound Technique	Generate excellent racket head speed
	Exceptional recovery skills	Sound Footwork	

Intrinsic motivation		Sportmanship & personal conduct	
Desire to win with pride & performance	Self-reliant & independent	Anxiety & stress control	Positive self talk & body language
	Well-established routines		Quality goal setting
<b>Discipline</b>		<b>Excellent focus</b>	