



STEVE VAUGHAN'S WILD WEST TENNIS

"Camps And Vacations With A Western Flavor"
BEND • SALISHAN • COSTA RICA • PALM SPRINGS • GRAND SLAMS

Pre Match Routine

Tom Sheehan: 69 year old competitive player who serves and volleys

The week before a tournament I do a lot of reaction volley drills. I also play a lot of balls slightly behind the service line as that's where I end up playing the ball when I serve and volley. I like to do drills where my partner hits hard at my feet so I can work on half volleys and low volleys.

I work on overheads, serves, and returns every day. I also play ghost doubles (crosscourt points without a partner) every time I work out.

The day before a tournament I am generally taking the day off since I am traveling. If I can get on a court I'll have a light workout and play some ghost doubles.

Day of the tournament I hit for about 45 minutes prior to the match and really work on my eyes seeing the ball like a softball in size. This gets the juices flowing and that helps me to not have a lot of anxiety when I'm doing the match warm up.

Rituals during the match include: Between each point I remind myself to not emphasize results, just have solid execution. That will take care of the results 97% of the time. Between serves and returns I stress stay in the moment on each shot hit and play one point at a time.