



STEVE VAUGHAN'S WILD WEST TENNIS

"Camps And Vacations With A Western Flavor"

BEND • SALISHAN • COSTA RICA • PALM SPRINGS • GRAND SLAMS

Pre Match Routine

Bonnie Ehle is a 4.0 player and coach from Southern California.

My Tennis Routines

1. Have tournament and social tennis schedules together when planning routines for each
 - a. For tournament play
 - i. practice match; drills with coach or partner & practice tie-breaks regularly
 - ii. Listen to tapes on sports mental toughness
 - iii. Work on the statistics of tennis and shot making
 - b. For both tournaments and social play
 - i. Eat a healthy diet and hydrate
 - ii. Lay out my tennis clothing the night before play
 - iii. Arrive to the courts 1 hour early for competition; 15 minutes early for social
 - iv. Stretch before warm-up
 - v. Know the players in the match ahead of time
 - vi. Know opponents preferred side (forehand/backhand) in making decision of our choice of side
 - vii. Flip for side of serve before warm-up
 - viii. Concentrate on my footwork and balance in warming up with opponent for match,
 - ix. Know format of play – 3 sets or 2 sets and tie breaker

NOTE: Each step of preparation begins with an action word. This was taught to me while I was taking lessons/training for 17+ years and suggested I practice this on the court, at work, in daily life and in relationships. I am in charge of my part of anything I participate in. This thinking is very positive and keeps me from passive/aggressive thinking; on the tennis court and in my life. I find if absolutely necessary to be in the moment on the court at all times.

Bonnie Ehle