



STEVE VAUGHAN'S WILD WEST TENNIS

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

Pre Match Routine

Igor Vuletic: Former college player, teaching professional, held number 1 ranking in the Pacific Northwest.

Over the years, I've learned that mental toughness was a crucial part of my game which often substituted for certain weak parts of it.

Seeing the ball clear and big, excluding the opponent, weather conditions, score and factors I had no control over was key to being mentally tough. I'd give myself very short term goals such as ... this point I am going to hit one ball over net more than my opponent no matter what.

Having a clear game strategy and visualizing it ahead of the match made me more mentally focused during it. I always wondered, why can a player win/lose 6:1, 1:6, 1:6 ? The answer is, your job is not done until you get to 12, so if you are up 6:1...don't think it is now something new and change your mental thought...keep going until you get to 12. This will keep you more focused and on the right track.

Like any other skill, mental toughness is learned with training, matches and experience.

Enjoy the game,

Igor Vuletic