

What Do Successful Tennis Players Have In Common



Discover 8 Secrets

What it Takes to be a Top Players Now!

Joel Loo

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About Joel Loo



Joel Loo is a Physical Education (PE) teacher in Singapore. His first experience with tennis was during his training in the National Institute of Education (NIE), a place where all teachers in Singapore need to go for training. He took a tennis module and started to learn tennis from the course instructor. From then on, he developed his passion for tennis and never looks back. Joel played very frequently and even took part in many tennis tournaments. Through these tournaments, he gained lots of experience from the wins and losses.

Joel's job as a PE teacher allows him to teach tennis lessons to his students. From these tennis lessons, he really found a great joy coaching them and seeing them enjoying the game bring him great satisfaction. He even went to take a professional tennis coaching course and successfully completed the NCAP Level 1 Tennis Coaching Course in 2009. The course was a fantastic experience for him.

Tennis has been a big part of Joel's life. During his tennis coaching, he focuses more on the fundamentals of the game. He knew from his experience that having good fundamentals will quicken the learning pace as the player

advances to a higher level. Being a teacher, coach or player, the learning of the game is never ending. Investing in courses, workshops and books are his ways of improving his coaching and playing. He knows that these investments will reap great returns for him.

To pass his tennis knowledge to help fellow tennis lovers improve their game, Joel has specially created the website, www.improve-your-tennis.com. Check out his website to learn many useful and relevant tennis tips.

Hi everyone,

Here is your free copy of **“What Do Successful Tennis Players Have In Common”**. I have spent a long time researching and writing this **FREE exclusive report** just for you. Read on to find out if you have what it takes to be a top quality player.

Just what are some of the things that top tennis players have in common? If you ask any tennis coach, they can likely rattle off a list for you that includes fundamentals like the right techniques, the right attitude and approach and the right physique, just to name a few. What a lot of people do not think of with regard to tennis is that it is both a physical game as well as a mental game. The factors that make good tennis players involve both physical as well as mental attributes. The game of tennis is a sophisticated sport that anyone can eventually be good at, with the right qualities. Let us explore the 8 secrets that top tennis players have in common.

1. Technique

"Rafa always plays kind of the same. He has more or less one game, but he does it so well it's enough to not lose a match on clay for a whole year, which is pretty good. He's a great defensive player but also has a great offensive game. He can change defense to offence really quick. That's why he's so good."

Robin Soderling

The first secret that top tennis players have in common is sound [technique](#). That's obvious right? But what set these top tennis players apart from common players are these three factors: **adaptability, efficiency and explosiveness**. Adaptability relates to the ability to adjust their gameplay to harsh conditions and still have the wherewithal to execute their shots, while efficiency pertains to effortless and smooth strokes with the racket that achieve the greatest topspin and head speed with the smallest amount of energy. With regard to adaptability, there will always be, for instance, days when a tennis ball is blown by the wind in an unexpected direction or a situation

where said balls fail to bounce in the way that they usually do on certain surfaces. Great tennis players can fall back on their adaptability to make fine adjustments without changing up their overall technique too much.



Roger Federer, one of the finest tennis player in the tour

Some current tennis players with great efficiency are Andre Agassi, Roger Federer and Rafael Nadal. In other words, if you observe any of these 3 top tennis players, you will note that they have the tendency of getting the job done, so to speak, without needlessly squandering their energy. On the practical side, not possessing efficiency in one's technique can result in all sorts of undesirable injuries that are best prevented. For example, one common kind of tennis injury that is the direct result of dreadful technique is [tennis elbow](#). Ouch!

Explosiveness is a quality that epitomizes speed and power in a player's forehand or backhand, commonly seen in those playing in the ATP tour. If you simply take a moment to observe any top professional tennis player, you will

be able to observe very fast tennis racket head speed on most of their tennis strokes.

2. Physique

"First of all, in any sport where you can measure distance, height speed and all of that, you see how athletes have changed their sport and made it better. I believe, with every generation, the sport has improved. Certainly, in the men's game, that has been the case. I think that I played Pete [Sampras] at his best, I played Roger [Federer] at his best.... I believe wholeheartedly that Roger and [Rafael] Nadal have pushed the game much further than myself or Pete ever did. Their options on the tennis court are considerably more than ours."

Andre Agassi

Physique is just as important as technique because technique would be nothing if your body did not possess the durability and the strength to soundly execute good technique. A good tennis physique is only achieved by a lot of **hard work and conditioning**, which means that you have to hit the gym and maybe even get yourself a personal trainer to oversee your progress. It also means **watching what you eat** and being smart about the foods that you put into your body. Great tennis players like Andre Agassi could still play into their mid-30s before retiring, and having a great physique obviously was a big part of that career longevity.

3. Strategy

"I think serve and volley is not dead. I can play this game and win, of course. I have practiced a lot, I feel good and I am excited about Wimbledon. I feel like I can do it."

Jo-Wilfried Tsonga



Do you have what it takes to implement strategies in your game?

Any top tennis player is famous for possessing certain strategies that not only enhance his or her personal strengths, but also take advantage of the inherent weaknesses in his or her opponents. This is done solely in order to get the advantage in a tennis match and then, naturally, win more points over the opponent. In general, top tennis players usually concentrate on a specific [playing style](#), which includes basically doing what they do best for the purpose of beating their opponents. For instance, current top tennis players such as Roger Federer are known to use the [serve-and-volley](#) strategy on opponents at appropriate times in order to break up physically exhaustive games and very long rallies on the court. Rafael Nadal is known for his aggressive baseline play and hit his tremendous topspin forehand to opponents' backhand in order to

win points. Do you have a favourite strategy that allows you to win points easily? **Are you able to adapt to different situation and change your strategy appropriately?**

4. Fitness

“That’s what you do all the hard work for, to play in situations that put your body through gruelling times. If you’re not up to it, pull out.”

Lleyton Hewitt

You can call fitness the backbone of top tennis players because without fitness, what good is it for a player to have great strategy and techniques? You could even argue that possessing great strategy and techniques are simply not possible without great fitness to support them. Since the game of tennis is a very physically demanding game, it pays for a player to be very fit. In fact, it would be impossible for tennis players to effectively play the game without being very physically fit. **Fitness is all about discipline**, in a mental sense. Instead of eating that rich dessert that you may have a craving for, you have to restrain your desires and choose something healthier like fruit, for example. This discipline also applies to physical issues, such as practicing hard every day to make sure that tennis players stay on top of their game as much as possible. Conditioning is also a big part of staying fit for tennis, which is why some of the best tennis players have personal trainers to help them stay perfectly on track with regard to their levels of fitness. Roger Federer's fitness regimen, according to Tennis.com, includes something as simple as a medicine ball toss and lateral lunges with a twist.



Fitness training and technique complement each other. Be sure not to neglect it.

5. Mental Strengths

“Regardless of how you feel inside, always try to look like a winner. Even if you’re behind, a sustained look of control and confidence can give you a mental edge that results in victory.”

Arthur Ashe

Mental strengths are, sadly, often overlooked by people who follow tennis, but when you think about it just a little bit, mental strengths are absolutely among the things that top tennis players have in common. In fact, you could not play tennis at a top level if you did not have **tough mental strengths**. These strengths are absolutely vital to this sport as well as other sports because they empower tennis players to focus, concentrate and block out everything that could otherwise distract them during a match. One example of a top tennis player who still has a way to go to achieve greater mental strengths is Andy Roddick. He is known for many temper tantrums against both linesmen as well as umpires on the court. During the 2008 Australian Open, he berated umpire Emmanuel Joseph by shouting, "You're an idiot! Stay in school, kids, or you'll end up being an umpire."

Mental strengths are just as important during as well as before or after a match. For example, let us suppose for a moment that there will be a bad call that goes against you during a tennis match (this will happen!). In such a scenario, it is of the utmost importance that tennis players have the mental strength to block this out and not allow it power over them to distract them as the remainder of the match goes on! Just think of how many more times a player will be likely to err during a match if he or she continues to fume, internally, over a bad call made against him or her. Possessing the properly developed mental strengths will allow tennis players to overcome this and continue with their match in top, mental shape.

Even when a match is not going on, mental strengths are of the utmost relevance to good tennis players. For players to keep in great shape, both mentally as well as physically, they normally train hard when not having a match. This involves things such as speed drills as well as coordination drills to help a player improve his or her reaction time, especially since tennis is all about having a great reaction time. In order to have the discipline and the determination to keep training and constantly improving at those two skills, speed and coordination, a player must have a lot of mental strength in order to push himself or herself to do the same drills each day in the pursuit of getting better and better.



Kim Clijsters, a great tennis player who managed to win the 2009 US Open after 2 years of retirement

6. Discipline

“Nothing can substitute for just plain hard work. I had to put in the time to get back. And it was a grind. It meant training and sweating every day. But I was completely committed to working out to prove to myself that I still could do it.”

Andre Agassi

Discipline can be sort of an umbrella term when it comes to tennis because it encompasses a lot of other factors. Some of these other factors are things like fitness, training, mental strengths, nutrition and physique. That is to say that if you do not possess the necessary discipline, you are not going to be organized enough to develop your fitness, mental strengths and physique as a tennis player. Many of the top tennis players like the Williams Sisters have vast amounts of discipline; it is how they got to the top, after all! With regard to the Williams Sisters, they were sent to the Rick Macci tennis academy (although their father later pulled them out). There, they would have learned all about the discipline it took to balance tennis with academic life.

One good example of discipline is Maria Sharapova, who came to the U.S. at the age of 7. Coming to a new country without the ability to speak English, she had her father (with assistance from IMG) enroll her at the Nick Bollettieri Tennis Academy in the state of Florida. Needless to say, for a young child to be enrolled at a prestigious tennis academy (great tennis players like Monica Seles and Andre Agassi had also previously trained there) in a foreign country and without the ability to speak English fluently requires a lot of discipline to see through.

Another recent example is the current world Number One, Novak Djokovic, who has to switch to a gluten-free diet because he is allergic to gluten. That means staying away from processed carbohydrates such as pizza, pasta, pretzels or various other starchy foods. **Will you be able to make some sacrifices in order to be a top tennis player?**



Maria Sharapova, won Wimbledon at the age of 17

7. Having a good Tennis Coach

“I’m especially grateful to him for having placed so much emphasis from the very beginning on making sure I kept my feet on the ground and never became complacent.”

Rafael Nadal

Tennis, like a lot of other things in life, is all about the support staff you have around you. While family, friends and the like are naturally useful, too, you can never write off the importance of having the support of a good tennis coach. Just ask all of the great tennis players who have ever lived, and they will likely tell you that having a good tennis coach was fundamental in the building of their successful careers and life.

You see, having a good tennis coach means so much more than simply having a person there to provide you with pointers on what the perfect form, technique or strategy is. Having a good tennis coach actually means having a person around to constantly critique and even criticize your game and style of play, in the hopes that this critique and criticism will eventually turn out a much-improved tennis player. In other words, **good tennis players should be humble and intellectually honest enough to be able to take criticism** since they know that they are not yet the best. They should also refrain from being too confident and arrogant, as these qualities will impede the ability of a tennis player to grow and improve. A good tennis coach will make sure to criticize when the situation warrants, but an ambitious tennis player who wants to improve and eventually become the best will always be humble enough to listen to any critique or criticism.

One good example is Rafael Nadal's coach, Toni Nadal. Toni trained Rafael on poor courts with bad tennis balls, just to teach Rafael that winning or losing isn't about the quality of courts, strings, lights or balls but that it is about **attitude, discipline, and perspective**. Toni is said to be extremely modest, level-headed, down-to-earth and tries to instill these values and qualities to Rafael. His philosophy is that you can only achieve something with hard work and that there is always room for improvement.



Rafael Nadal, a great competitor who has a never say die attitude

8. Attitude

"As soon as I step on the court I just try to play tennis and don't find excuses. You know, I just lost because I lost, not because my arm was sore."

Goran Ivanisevic

As with so many things in life—either on the court or off of it—possessing the proper attitude is absolutely vital in reaching success. Possessing the proper attitude is vital in becoming a successful tennis player. Attitude is so very closely tied in with other aspects on this list, aspects like mental strengths and discipline. After all, possessing the proper attitude is all about how you think

and how you reason to yourself about **your goal** of becoming a tennis great. If your attitude is one where you complain a lot, fail to have enough commitment to training and quit much too easily, then you are not going to get anywhere in this sport! However, if your attitude as a tennis player with ambition is one where you train hard, make a commitment to practice regularly and have a healthy and tolerant approach to being critiqued, then there is no limit to how far you can go as a tennis player. Rafael Nadal has a very humble attitude with regard to his approach for tennis. If you read interviews with him or watch press conferences where he speaks, he is always saying his opponents are the favourites in his matches and he has to play his best to beat them.

So these are the 8 secrets that all top tennis players have in common. After reading through this list, you can see that what it takes to make a very good tennis player is a combination of a lot of factors that all have to come together in a perfect blend of fusion. Are you scared off a little bit from pursuing a full-time pro tennis career after reading all the qualities you have to possess? If after reading this list you actually became more motivated to be a great tennis player, then you already possess just the right attitude that it takes to approach this sport. It comes down not to only **physical attributes**, but also **mental qualities** that propel you to want to keep continually improving.



Novak Djokovic, current world no 1!

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