

## WORKSHEET IV-9.

### Coach Pete's Tennis/Pickleball Match Notes—Quick Summary

Sometime after your match, soon enough that it is still pretty fresh in your mind, complete Table IV-9.

Then, before your next practice, review your notes so you can focus correctly on the key factors.

For JV players or 3.0 or under players, spend equal time getting the strong parts of your game stronger, and the weaker ones improved. For varsity or 3.5+ players, spend 75 percent of your time getting the strong parts of your game even stronger.

Re-read these notes before your next match and strive to improve on both your strong points and your weaker ones.

Date: \_\_\_\_\_

Opponent's Name: \_\_\_\_\_ Opponent Rank: \_\_\_\_\_

Opponent School/Club: \_\_\_\_\_

Score: \_\_\_\_\_ (e.g., if you won in tennis 6-1, 6-2, or in pickleball 11-8; if you lost in tennis 1-6, 2-6, or in pickleball 8-11)

Your Strokes and Game Today: Quick Summary

	<b>What You Did Well</b>	<b>What You Need to Work on</b>
Strokes		
Physical Game (such as balance, movement, endurance, strength)		
Mental Attitude (such as saying positive things to yourself, enjoying the battle, being calm)		
Strategy (how did your game plan go?)		

Table IV-9. Coach Pete's Tennis/Pickleball Match Notes—Quick Summary exercise

## WORKSHEET IV-10.

### Coach Pete's Tennis/Pickleball Match Notes—Details

Your Strokes and Game Today: Details

	<b>Worked (What Happened?)</b>	<b>Didn't Work (What Happened?)</b>
Serve		
Return		
Forehand Groundie		
Backhand Groundie		
Forehand Volley		
Backhand Volley		
Lob		
Overhead		
Drop Shots & Dinks		
Defense		
Mental Attitude		
Footwork and Movement		
Physical Endurance		
Game Plan/Strategy		

## WORKSHEET IV-11.

### Coach Pete's Actual Match Notes—Samples

The following are notes from two tennis matches I played, just one week apart. I was down in each one. In one, I came back, and the other, I didn't. The difference? In the first one, I played as if I had NOTHING TO LOSE. In the second one, I played as if I had EVERYTHING TO LOSE.

Look at how I was talking to myself in the first match, where I was ranked #9 and my opponent #8. I had lost the first set, 4-6, was down two breaks (!), 1-4 and 15-40 in the second. Big trouble! But, I still said to myself, "he still has to win it." As a result, I played after that like I had *nothing to lose*.

But in the second match, however, versus a guy ranked a little below me, #13, look at my notes in the margin: I was playing scared to lose. I wanted to beat him so badly my emotions just choked me. I played like I had *everything to lose*.

As you can see in the notes, I asked myself, "what if this were the last match you'd play, how would you play then? Nothing to lose." My answer was painful to write and read, but necessary to grow.

Notice also how I'm giving myself tips for how to play them the next time, and not just what happened in these matches. Free-flowing notes like these, plus the match notes that are a grid (Worksheets IV-9 and IV-10), together start giving you a SCOUTING BOOK on your opponents.

Especially in league play, but for any opponent you will play more than once, the notes become your scouting reports to tell you what to do again, and what to change, with that particular opponent. Furthermore, they remind you of what your tendencies are across opponents—who YOU are as a player, your personality, your style, and your preferences.

Making these match notes, written or recorded—and then reading or listening to them—is ESSENTIAL to growing and improving.

My Rank #9

6/29/05 vs [redacted], #8 [W, 4-6, 7-6, 1-over-tired]

hottest day of year, 98° - had breakpoints in 15) + didn't convert. was down 2 breaks 1-4, and 15-40 in 2nd (and good self talk re "he still has to win it.")

Recovered + won tie-break 7-4, incl. 2 aces on last 2 serves. Broke him to start 3rd & he quit. I was just mentally + physically tougher.

Hit into his body, hit also w/ slice deep, + come in. He's used to clay (Triple A guy) + can hit short angles - esp. watch for that on his BH. Attach to his forehand more than BH - he likes short BH crosscourt to open BH.

He's steady, but if you keep in hard + deep + get him going side to side he'll break down - just stay calmly aggressive. He can hit a serve return off BH wide but basically hard serves + moving it up worked.

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9 7/7/05 vs. [redacted], #13 [L 4-6, 0-6]

terrible 1st serve % + loads of UFE errors on FH, usually to open court. He slices - deep + high - off both sides. Can beat him hitting to his FH side - serving to FH as well - but must convert those high balls. Get him running so he can't set up the slice. Came back from 0-3 down to 4-4 + my serve just choked. Loads of opportunities. Do not get caught 1/2 way in tho - Do not overhit - you'll get plenty of chances - just be calm + take + earn.

played nervous  
scared to beat  
him in 1st bad 1st  
I who had when I  
had fees what  
chance. what  
this were the  
best tennis ever  
I wish you'd see  
play how you'd  
love