

WORKSHEET II-3.

What Do You Love About Playing Tennis/Pickleball?

(modified from *USTA Mental Drills and Skills Handbook*, Worksheet 6-1; by Larry Lauer, Daniel Gould, Paul Lubbers, & Mark Kovacs, Eds. (2010). *USTA Mental Skills and Drills Handbook*. Monterey, CA: Coaches Choice)

The purpose of this exercise is to help you develop motivating cue words, phrases, and images. To create these, you first need to remember WHY you play tennis or pickleball. What drives you to compete? So, respond to this question, keeping in mind *your* personal reasons for playing tennis or pickleball.

Why do you play tennis or pickleball? What do you love about playing tennis or pickleball? (Think about why you started playing tennis or pickleball, the aspects of the game you enjoy, and your long-term goals, such as, you enjoy competing against others.)

Next, highlight all the personally meaningful cue words, phrases, or images in your answer. Re-read this before your practices and matches. And use those words in-between points (your 3 or 4Rs routine) to keep yourself positive and focused on what you love about playing, no matter what else is going on!