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Focused for Tennis: Featuring the 3-R's Mental Training System

Karl A. Slaikeu Ph.D., Robert Trogolo

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Focused for Tennis: Featuring the 3-R's Mental Training System Karl A. Slaikeu Ph.D., Robert Trogolo Top tennis players use the time between points to prepare not only physically but mentally and emotionally as well. A sure-fire method for this preparation is the 3-R's mental training system, presented in Focused for Tennis. The 3-R's system allows you to release negative emotions that come from lost points or dropped games and stay positive; review what's happened so far: what's working, what's not; and reset for the next point. Now that you know what you have to do, complete a preplanned routine to bring focus to your play. Coauthored by sport psychologist Karl Slaikeu and former USTA tour pro Robert Trogolo, Focused for Tennis reveals the thought processes used by tennis champions to stay in a positive mental and emotional zone throughout a match. Focused for Tennis also "spotlights" top pro players like Martina Hingis, John McEnroe, Steffi Graf, Michael Chang, and Monica Seles and explains how their mental training has driven them to consistently play championship-caliber tennis.

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