

THE RIGHT APPROACH

Now when I say Tournaments it's a really broad topic so for this article I will keep my focus mostly towards how you should approach it. Having played tennis competitively for nearly 5 years now it only seemed right that I share the valuable lessons I learnt from travelling to different places and playing different kinds of tournaments from AITA, ATF to ITF.

To start with, it's important how you plan out your schedule before, after and during tournaments. The best way to do this is to look at tournaments like how you look towards an exam in your school. You learn new chapters, followed by few days or weeks of revisions with a few practice tests along until your main exam arrives. With tennis it's pretty much the same, so what you should be doing is have few weeks of training where you acquire new skills, and get back into your fitness, followed by another few weeks of training in which the intensity can be raised and some playthrough tournaments can be played. By playthrough tournaments I mean those in which you are playing not to win the tournament but instead test the skills you've learned and try what you've improved or changed over the weeks. It's important to remember that in tournaments such as these winning is not a priority, it's to focus on improvements and treat it like it's a part of training. The last week before a tournament should be less intense and less learning just like revision for an exam. Finally, when the tournament period comes it's when you're considered at your peak, this is where you implement everything you've learned and prove yourself. A week after the tournament period should usually be followed by a week of recovery in which fitness is given more emphasis especially for the likes of foam rolling, mobility exercises, stretches and so on. This cycle will help constantly improve yourself while helping you have good quality tournaments rather than just playing tournaments all year long and hoping to edge out a few points in each place.

Before I finish this article one other very important psychological aspect towards tournaments that I'd like to address is that once a player starts improving his/her performance and starts winning tournaments, one shouldn't feel nervous to go back and play the easier tournaments as in most cases after losing a lot in hard tournaments, winning an easy tournament can prove vital in reviving confidence. To make that clearer a person should generally have a match win loss ratio of 2:1 this shows that the player is playing tough and easy tournaments in good amounts. If the ratio goes to something like 5:1 or 1:2 it shows that the player is either playing too many easy tournaments or too many hard tournaments. This can prove a lot more important than you think

Having said all this I wish all the players of Levo a bright future for tennis primarily for those who wish to pursue it seriously, it's certainly possible for each and every one of you to become professionals, that is of course if you work hard enough for it.