

Champions
Tennis Academy



Peak Performance Mindset Program

A virtual program designed for competitive players

Sign up for our one-on-one, customized program on building resilience and overcoming adversity for tennis players. Learn how to stay focused and motivated, even under pressure.

Program focus is on the following:

- Mindset
- Focus and Concentration
- Emotional Management
- Resilience
- Training Activities

This is a general outline and adjustments might be needed based on the player's age, experiences, personality and goals.

The program is designed and implements over a 3 month period.



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**This program is in partnership and
monitored by:
Psychologist Ivan Jiron**



This is a flexible outline which can adapt based on the player's age, experience, and specific needs.

Overall Goal: Develop a strong mental game to enhance performance and enjoyment.

Weekly Schedule: We aim for 4-6 dedicated mental training sessions (20-30 minutes each) alongside regular practice.

(Done through WhatsApp Chats, Video Calls, Voice calls, before and after training sessions along with before and after matches as well)

Monthly Program Fee
\$750 for non-academy players
\$400 US academy players

Sign-up via whatsapp
+1-619-329-4634

Limited space available!

Week One: Building the Foundation

Week 1: Identify strengths and weaknesses through self-assessment, journaling, or coach feedback.

Week 2: Introduce relaxation techniques like deep breathing and progressive muscle relaxation.

Week 3: Focus on positive self-talk. Identify negative thinking patterns and replace them with encouraging affirmations.

Week 4: Begin visualization exercises. Imagine successful points, matches, and maintaining composure under pressure.

Week Two: Sharpening Focus and Concentration

Week 5: Practice mindfulness techniques like meditation to improve focus and concentration on the present moment.

Week 6: Develop pre-match and service routines to establish a consistent focus pattern.

Week 7: Learn how to manage distractions by identifying them and refocusing on the task at hand.

Week 8: Practice goal setting with SMART goals (Specific, Measurable, Achievable, Relevant, and Time-bound) to stay motivated.

Week Three: Building Resilience and Confidence

Week 9: Develop coping mechanisms for dealing with frustration and self-doubt.

Week 10: Introduce mental rehearsal for high-pressure situations. Visualize overcoming challenges and staying calm.

Week 11: Learn from mistakes through self-reflection. Analyze errors and develop strategies for improvement.

Week 12: Celebrate successes and build confidence by reviewing achievements and positive feedback.