

SPORT PSYCHOLOGY

TAKE YOUR GAME TO
THE NEXT LEVEL!

Doubles Communication

Pre-match discussion

Short and succinct

Do not take what is said "personally"

Identify strengths and weaknesses

Determine what needs to be communicated

- ◆ Court position
- ◆ Movement on court
- ◆ Court Coverage
- ◆ Encouragement / Psych up or down

Connection before and after points

Dialogue during change over

Match communication to personalities

Speak loudly with confidence

Give and take corrections or
modifications

Silence versus chatter

Check each other's non-verbals

Ask for what you need in a timely
manner

Dr. Betty Kelley
Mental Skills Coach
480-838-5603



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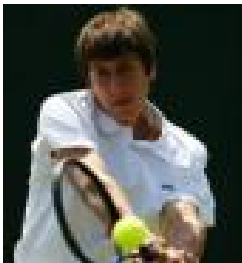


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TAKE YOUR GAME TO THE
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Successful Athletes:

1. Choose and maintain a positive attitude.
2. Maintain a high level of self-motivation.
 3. Set high, realistic goals.
 4. Deal effectively with people.
 5. Use positive self-talk.
6. Use positive mental imagery.
7. Manage anxiety effectively.
8. Manage their emotions effectively.
9. Maintain concentration.



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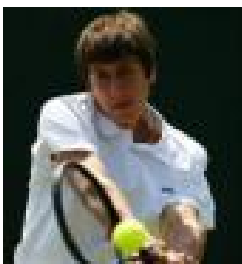


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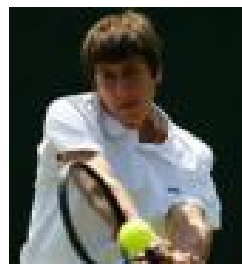


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