

WebTennis Wednesday Workshop

How To Build Pro Level Patience
Using The 'Counting' Method At Contact

Brent Abel - WebTennis.com

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How To Build Pro Level Patience



The Problem Before, During, & After Points

- **STRESS.** No Trust In Shot Tolerance.
- **STRESS.** Looking For The Exit Too Early In The Point (Singles & Doubles).
- **STRESS.** Something Bad Is Going To Happen IF I Don't End The Point NOW.
- **STRESS.** Rushing To Thread The Needle. Low %. Keep Away. Inconsistent Timing.

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The Problem More Stroke Technique

- **STRESS.** Making the swing tech perfect will solve the need for patience.
- **STRESS.** More perceived opportunities to end the point with low percentage shots.

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How To Build The Patience Mindset

- **2x Day - Read A Short Affirmation That States You Are The Type of Player Who Trusts A Multi-Shot Tolerance.**
- **Self Talk Matters - On Court Mindset Reps Between Points. A BPR.**
- **Warm Up With The Counting Drill. Over The Center Strap Counting. Practice Points Counting.**
- **Counting Improves Timing Consistency**

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How To Build The Patience Mindset

- Counting Starts With #1 At Your Serve's (Or ROS) Contact. Every Shot After Is The Next # Up EXACTLY At Contact.
- Your Shot's Target Is **NOT** 'Keep Away' From Your **Moving** Opponent.
- Your Target Is A **Stationary** Spot ABOVE The White Line.
- Building The Patience Mindset Takes Patience. It's A Long Term Mindset.

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In A Nutshell ...

- The No Rush - No End Result Mindset.
- **Dick Johnson:** I'm 100% committed to to *take my time* to play a quality shot to my target (above the white line).
- Those guys are good ... so I assume my shot is coming back. And that's OK.
- If it should come back ... *I'll just take it from there.*
- **Rinse & Repeat For Every Shot.**