

**Brent Abel's WebTennis.com**  
Winning Habits Get Built Here  
Let's See Which Ones ... Actually Work

---

**The Biggest Mindset Shift**

The BIG mental shift for me was this ...

One shot targets instead of multi shot targets.

A one shot target is based on "Keep Away".

And we then take liberties with trying to keep the ball away from an opponent to the extreme.

We want (feel a panicked need) to hit outright winners from darn near anywhere in the court.

If you want to be known as a 'shot maker', you know, that type of player who can hit incredible winners ... but never actually wins, OK, today's this article ain't for you. Have fun out there, but ...

For me, winning just happens to be way more important than looking awesome.

So ... getting back to targets as the biggest mental shift I've ever made was when ...

I fully bought into Dick Johnson's comment right after we'd won the 2018 National 75s Indoor doubles in Houston.

75s? What? You mean you CAN actually teach old dogs new tricks? Apparently so ;-)

*If you've got a growth mindset*, then yeah, Dick Johnson's comment to me is a huge game changer.

I felt like he literally didn't miss a return of serve in that finals match. He must've ... right?

But when I asked him how he was so insanely steady returning serve, he simply said ...

*I pick out a target that I feel I can comfortably make, and because those guys are good, I assume it's coming back. And that's OK.*

*It might not come back, but when it does, we'll just take it from there.*

And that's when I realized one of the all-time great age group players didn't play "Keep Away".

Instead, his targets were confidently based on ... *it's totally OK if they touch the ball.*

He had that mindset for multi shot targets ... not that one shot hero target that doesn't get the W.

So, there's no mystery how Dick played that finals and pretty much never missed a return of serve.

A different way to think about targets.

**Ready to make this mental mastery flip? Here's how. Keep reading ...**

Let's build an egoless calm clarity into your shot choices.

If you're still feeling *RUSHED* during points, especially when you're looking for a wide open court offensive opportunity ...

And/or if that panicked feeling during any part of the point is happening to you too often where you want to get the point over right NOW ... then I want to help you fix that.

Just \$7 gets you the download link to my quick-read 14 page PDF that describes how to build a confident calmness during the point so that you make smart choices ...  
And STOP making self imposed unforced errors.

This is simple. It'll work for you. Let's get started [here](#).

*Brent*

