

Brent Abel's Players Workshop
Winning Habits Get Built Here
Let's See Which Ones ... Actually Work

Gotta STOP Rehearsing Errors

I used to be the poster boy for doing this ...

Most players miss a shot and immediately rehearse the exact error.

Pissed. Frustrated. Embarrassed.

So we swing through the same slightly faulty motion again, almost as if to prove to ourselves (and anyone else who might be watching) that we know what we did wrong.

That reaction is berating self-talk *without words*. It's like a weird version of dysfunctional tough love.

It's ridiculously unhelpful.

And the reality is ... it grooves that mistake deeper into your noggin and destroys any chance to learn from it.

Here's the reality of the game which you already know --- tennis is not perfect. It never will be.

And that's OK if you can intellectually and emotionally accept ...

Mistakes are part of it — even in the biggest moments of close matches.

The players who make the fewest mistakes in matches are not the ones who get frustrated. They are the ones who use a mistake as a golden opportunity.

It took me forever to **STOP** rehearsing mistakes.

But eventually I came to believe that a much better response to minimize making the same mistake again was saying to myself:

“What I meant to do instead was...”

Then rehearse the correct swing path and its feel once or twice.

It's the 'feel' of that swing you want to *feel* when you rehearse.

We've definitely hit that one shot the way we wanted to lots of times before.

We already know what the right version feels like. We don't need to invent anything new. We don't need to think we need some new swing technique.

We just need to STOP rehearsing the error out of frustration and start rehearsing what you meant to do instead.

That single shift — from replaying the mistake to deliberately rehearsing the correct feel — is **one of the highest-leverage mental habits** we can build.

It turns every error into a golden chance to make the same mistake ... less likely next time.

So the next time you miss, and we all will, **start the new habit of ... What I meant to do instead was ____.**

Alrighty then.. there you have it. Get out there, help someone else have a great day, and just **Keep Workin'** ...

Brent

P.S. - Are you still too often experiencing that mildly panicked feeling of rushing to get out points at the end of sets or the match ... especially in your really close tight matches?

If so, then easily build these two simple but **important habits**.

Grab my **STOP Rushing 14 page instant download PDF** for just \$7 here - [click](#)

It gives you two short-cut **habits** to bust through that rushed feeling so that you calm down, make smart shot choices, and begin feeling confident you're about to close out the set or the match on your terms without ... hoping.

[Click.](#)

Brent

