

Importance of the tennis mental game



**ASSIGN
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Tennis has been a mental game for those who love to play it with a passion and full dedication.

To play the game with much ease the player must use some basic principles for perfection in the shots. It has been a fair game and is popular in each and every corner of the globe. The heading of this topic is very accurate as the game involves a lot of brain work to be applied while playing. I mean to say this sport requires some specific rules and a regular attention to descend into the mind.

The professionals say it is a game of mind since they know the value of each moment spared in this game. A professional player understands the services and follow-ups of his opponent and acts according to that. He can give a perfect replay only when he is ready to apply his mind. Some points are to be learned: Bounce-Hit: The Bounce Hit helps you to concentrate all the time without putting your mind away from the game.

The word is more technical and appealing while we are familiar with the technical languages of the game. The bounce hit make the player more comfortable in his shot. A trainer gives a logical tip of hitting the ball with all efforts. Smashing it predeterminantly enhances the chance of missing. To make an effective shot, keeping a watchful mind with all related facts would be very essential to perform your best. If you keep cheering yourself all the time it would almost confuse your opponent as he would love to play the maximum shots from his racket.

And here he makes a mistake. This attempt would be his weakness as he is likely to make a mistake at this point of time. You must learn to have control

on all your thoughts to avoid going on the racket rampage. The positive thoughts make you learn from your opponent's action and it also helps you to understand his nature of action. It is your judgment that helps you to keep count of the actions taken by your opponent at the time of game. Last but not the least, since this is a sport of mental ability, therefore using one's mind and keeping a watchful eye on the opponent, would be very helpful.

So, tennis is a game that must be played using one's mind at each point. It is indeed a great sport.