


(SC) The coach in your head

🐛 The inner game of Tennis

→ performance anxiety

→ the voice in your head

 Tim Gallway

How little can you tell them?

Performance is all about Focus

Coach:

Ask awareness questions

Give awareness instructions

no criticism, no praise

What do you find most difficult
to performing ...?

no focus on [XYZ]

Where is your attention?

Is it in the present moment?

Is it at the point of your performance?

Where is your focus?

Stop thinking & trust your
reactions

Focus **NOT** on the outcome

but on **WHAT CREATES THE
OUTCOMES**