

## **Training the Mind during the Game of Tennis – A Case study**

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### **Abstract:**

in its early days had been a sport that was played at leisure; primarily during social gatherings. The game has evolved over the years in terms of rules, skills, pace, equipment and stiffness in competition. Being an individual sport a number of psychological factors; both cognitive and somatic play an important role during the course of the game. The paper presents a case in which the author explored the possibility of providing mind training inputs to a set of young tennis players and checked their performances qualitatively. The author, just before a major tournament with reasonably higher stakes, experimented infusing certain thoughts into the players and found out that the number of mistakes committed by the players reduced considerably. The players movements, strokes, serves, service returns, reactions at the net & away from it, post mistake behaviour, responses to the opponent's strokes, etc were closely observed. The author posed a set of questions to the players during every break; the replies for which confirmed what was really running in their minds at every episode during the course of the game. The thoughts reflected the varying stress & anxiety levels that resulted in the way every stroke was played and also its final outcome. After assessing the significance of the outcomes of movements & strokes of the players in relation to the mind fluctuations, such thoughts were exchanged with the players and were advised to avoid such imagery flows during the game. This was practiced in a series of games, which resulted in a positive training of the mind and could be evidenced in the balanced arousals of the players and the reduced number of mistakes committed by them subsequently.