

Rafael Nadal

Focus and concentration

“Tennis is a mentally aggressive sport. It demands you at all times. One has to be able to find a way to focused on what one is doing almost 100%, without being distracted by external things,



"I achieve that state of concentration by doing all the rituals I do. I don't know if it's something positive or negative, but it works for me. I have some rituals that help me feel focused on what I'm doing. It's the way to differentiate when I'm competing from the rest of my life



These moves are part of Nadal's routine to make his mind ready for every serve. There are more than ten well-documented rituals he systematically performs before or during a match, which include:

He removes his jacket while jumping.

He places his bottles in the same exact position.

He wipes himself with a towel after each point.

But why is he doing so?

“It's a way of placing myself in a match, ordering my surroundings to match the order I seek in my head. ...when I do it, it means I'm focused.”



For me, the only failure is not trying. If I am going to play the Australian Open and come back after losing in the first round, but I have made an effort and I have the right attitude during the preparation week is not a failure

NADAL 1ST MAN TO WIN 21 GRAND SLAM SINGLES TITLES

Rafa Nadal roared back from two sets down against Daniil Medvedev to win an epic Australian Open final – his record 21st Grand Slam title – 17 years after his first, only months after fearing his career might be over due to a nagging injury

- Having missed Wimbledon due to fatigue and the US Open because of a chronic condition in his left foot, Nadal was on the brink of quitting in late-2021 and felt simply 'blessed' just to turn up at Melbourne Park
- His 2-6, 6-7(5), 6-4, 6-4, 7-5 triumph defied time and logic, with the 35-year-old Spaniard successfully fighting back from a two-set deficit for the first time since 2001
- With Djokovic having missed this Australian Open after being deported and Federer still recovering from a knee surgery, Nadal is now one major title clear of his 'Big Three' rivals
- Nadal is within striking distance of the overall record of most major title wins by Australia's Margaret Court (24). He is also behind Serena Williams (23, including the triple career Grand Slam) and Steffi Graf (22, including the quadruple career Grand Slam)
- By winning his 1st Oz Open title since 2008, he joins Russians Roy Emerson & Rod Laver, & Djoko in winning all 4 Slams at least twice in Open era
- Nadal & Djokovic have between them won 11 of the last 15 Slams since the 2015 French Open

21-SLAM SALUTE

It was one of the most emotional matches in my career
RAFAEL NADAL

A few months ago, we were joking about both being on crutches... I am proud to share this era with you | **ANDY MURRAY**

Amazing achievement. Always impressive fighting spirit that prevailed another time | **ANDY MURRAY**

I think you guys (Federer, Djokovic and Nadal) have a good rivalry still. It's not over yet | **ANDY MURRAY**

