



# FOCUS!

## Why important?

Developing your focus can have a huge impact in terms of enhancing your performance in table tennis. Many players can get distracted easily, and as a result, can lose a run of points and ultimately lose a match!

## What to do?

Here are some tips that you could try during and prior to training and competition.



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### IMAGERY

- Seeing yourself acting out technical stroke, for example a forehand and backhand topspin
- Moving smoothly across the table or playing in a positive way!
- Reflecting on past positive performances
- Visualizing your tactics before matches, for example servicing clever, varying speed/spin/direction

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### EFFECTIVE GOAL SETTING

#### PROCESS GOALS (EXAMPLES)

- To remain relaxed during rallies
- To play positively on all strokes
- To attack the third ball when serving
- To keep calm when in a losing situation

#### PERFORMANCE GOALS (EXAMPLES)

- To reach a certain round or win a competition
- To climb the Scottish rankings, set a target
- To get selected for National Training Squads
- To represent Scotland at your age group

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### SIMULATIONS DURING PRACTICE CONDITIONS

- Put yourself under pressure during training- example, start some matches at 10-10!
- Force your yourself to try new things- example, play a match where you can only play forehands!
- Give opponents a head start and work on never giving up in matches!
- Have a go at doing times tables while doing some drills to help enhance focus and broaden the mind