

Racquetball Thoughts

- I Play **100% at all times**
- I play each point as if it were **10 to 10 in the tie-breaker**
- I Pass when opponent is in front of me
- I Pinch when opponent is behind me...to side they are on
- I have **Early Racquet Preparation** ahead of each shot
- I play in the **READY position** with knees bent and racket up
- I set up for each shot, keeping my body balanced and **shoulders level**
- When returning the serve, I keep my eye on the ball and react to its movement
- I choose the Shot that makes my **opponent move out of Center Court**
- I choose the Shot that makes my **opponent move furthest distance**
- I take offensive overheads only when opponent is in back court out of position
- I always take my shot
- I have 100% control when serving and take advantage of it.
- I return to **Center Court after each shot**
- I have **Energy on the court** for the whole game and match
- I return Serves with a Pass or Ceiling Ball
- I am Calm and Relaxed on the court, choosing the **right shot for the situation**
- I play each point fully until it is over
- I hit Splat Shots to keep my opponent off balance
- I hit the ball using a **full Follow Through** every time
- I play **100% until the game is over**
- My serves go as I Visualize them
- I mix up my serves to keep my opponent off balance
- I hit Accurate, Powerful Forehands and Backhands
- I take a **Deep Breath** before each Serve, visualizing where the ball is to go
- I take a **Deep Breath** before Receiving the Serve, focusing on the ball and an accurate return
- I hit each shot with Control and Power
- I always have **fun** and play with **good sportsmanship**
- Before playing, I Visualize hitting the Shots and Serves of the Game
- I read these thoughts on a Regular Basis, reading each line 3 times, **visualizing and believing 100% that they are True...**