



Playing in a match...

- Walking in to the hall feels a bit different / you've got a few different feelings, it's not like any other match you've played this season.
- What's going on? Think back to the last time this happened to you
- What sort of feelings can you remember?
 - o Funny feeling in stomach, tingly fingers, mind starts racing and thinking of all the possibilities, what's going to happen if I win/lose? The mind is going way to fast, heart is beating faster, wobbly and shaky legs, feeling hotter, palms get sweaty

The relevance of these feelings...

- These are all signs that something important is happening to you, not necessarily bad things because the adrenaline that's rushing through your body could help you play better
- It can become a problem if you go over the top with anxiety and you start to get too nervous
- Start to recognise a previous experience when you played well and how you felt in that match

How you feel when you are playing Well...

- Ball on top of me before I knew it
- My hand feels solid, wrist feels tight
- Can't play strokes properly
- Mind is all over the place
- Thinking about the future, winning/losing
- What happened in that last point?
- Getting Angry / Heart racing
- Everything was blurry and unclear

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Recognise your feelings...

- How do you feel when you are playing well?
- How do you feel when you are playing poorly?