



## Focused for Tennis: Featuring the 3-R's Mental Training System

By Karl A. Slaikeu Ph.D., Robert Trogolo

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Top tennis players use the time between points to prepare not only physically but mentally and emotionally as well. A sure-fire method for this preparation is the 3-R's mental training system, presented in Focused for Tennis. The 3-R's system allows you to release negative emotions that come from lost points or dropped games and stay positive; review what's happened so far: what's working, what's not; and reset for the next point. Now that you know what you have to do, complete a preplanned routine to bring focus to your play. Coauthored by sport psychologist Karl Slaikeu and former USTA tour pro Robert Trogolo, Focused for Tennis reveals the thought processes used by tennis champions to stay in a positive mental and emotional zone throughout a match. Focused for Tennis also "spotlights" top pro players like Martina Hingis, John McEnroe, Steffi Graf, Michael Chang, and Monica Seles and explains how their mental training has driven them to consistently play championship-caliber tennis.

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## **Focused for Tennis: Featuring the 3-R's Mental Training System** By Karl A. Slaikeu Ph.D., Robert Trogolo **Bibliography**

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### **Editorial Review**

From the Publisher

"I choke, you choke, we all choke. The question is how you handle it. That's one of many questions that this easygoing, engaging, practical book will answer."

Cliff Drysdale Tennis Commentator, ESPN and ABC Sports Former U.S. Open Champion

"Great players execute well during points (10% of match time), but they also give the appearance of champions between points (90% of match time). The three R's give you a way to test yourself and provide practical, specific ideas on how any personality type can be more effective in handling the critical between-point time."

Stan Smith Former U.S. Open and Wimbledon Champion

"This book provides players at all levels with important guidelines for coping with challenges to the emotional aspect of competitive tennis."

Jeff Moore Women's Tennis Coach University of Texas

"This book is a valuable tool for both the established touring pro and the weekend player. Sports psychology is really only useful when it can be applied in a practical way. The methods and lessons expressed in this book are truly unique and comprehensive. This book is as essential to your game as is your racquet."

Benjy Robins Tour Manager 1981-1991 Association of Tennis Professionals

"Karl Slaikeu and Robert Trogolo give valuable advice on how tennis players can best use the 25 seconds between points. Their 3-R's system is laid out in a practical, easy-to-follow manner. Their use of the "STOP" technique, the three distinct game plans and application to performance anxiety and other sports is especially useful."

Dave Snyder Men's Tennis Coach University of Texas

"The 3 R's is a great way to keep your composure and regroup time and again while on the tennis court. I am positive that it would have helped me during my tennis career if it were available. I strongly recommend that you should read this book and implement the 3 R's to your game."

Danie Visser Davis Cup Captain Federation Cup Captain

"If the mental aspect of your tennis game is getting you down, read this book! The 3R's system makes your mind work for you instead of against you."

Billie Jean King Director and Co-Founder World Team Tennis Holder of a record 20 Wimbledon titles

About the Author

Karl Slaikeu, Ph.D., a lifelong tennis enthusiast, lives in Austin, Texas, and is president of Chorda Conflict Management, Inc. He also offers sport psychology consultation to tennis players at all levels, as well as their families, and conducts workshops and seminars for coaches.

The creator of the 3 R's® model, Slaikou played tennis at the collegiate level and now has two children active in tennis as well.

In his spare time, Slaikou enjoys reading, trout fishing, and, of course, playing tennis.

Robert Trogolo has spent many years as a professional tennis player and coach. After spending several years on the pro tour, he went on to coach players such as Michael Chang, Kevin Curren, and Richey Reneberg. He also coached the Malaysian Davis Cup team.

Through Trogolo Tennis International, Inc.(based in Austin), Trogolo consults tennis clubs and advises players new to the women's and men's pro tennis tours.

## **Users Review**

### **From reader reviews:**

#### **Jesse Williams:**

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#### **David Waymire:**

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