



# INNER GAME of coaching



A tennis player first confronts the Inner Game when he discovers that there is an opponent inside his head more formidable than the one across the net. He then realises that the greatest difficulty in returning a deep backhand lies not in the speed and placement of the ball itself, but in his mind's reaction to that ball: his thinking makes the shot more difficult than it really is.

The Inner Game is that which takes place in our mind, and is played against such elusive opponents as nervousness, self-doubt and lapses of concentration. It is a game played by our mind against its own bad habits. Replacing one pattern of mental behaviour with a new, more positive one, is the purpose of the Inner Game.



W Timothy Gallwey