

CONDITIONED POINTS CARD 1

1. Extend your lead – SINGLES/DOUBLES

Purpose: Dealing with pressure and applying pressure on opponent. Try to get ahead of opponent/Don't let opponent get away from you.

- Play best of 3 (or 5), first to 10 tie-break sets with normal scoring but you win the set if you can extend your lead by 3 points! (3-0, 4-1, 5-2 etc.) Also you lose the set if you get behind by 3 points.
- If no one can get a 3 point lead then it's just a normal set.

2. Win 2 out of 3 – SINGLES/DOUBLES

Purpose: Staying in the present. Focus on one rally at the time, try to win 2/3 rallies consistently.

- Play best of 3, first to 10 tie-break sets. For every single point you have to play best of 3 rallies. You get the point if you win 2 out of 3 rallies. Keep repeating it until someone gets to 10 points.

3. Win on serve – SINGLES/DOUBLES

Purpose: Win the rallies on your serves/try to break serve

- Play best of 3 (or 5), first to 10 tie-break sets. You only get the point when you are winning on your serves.
- If you are returning and win the rally you don't get the point only the right to serve.

CONDITIONED POINTS CARD 2

4. 15/30 DOWN. – SINGLES/DOUBLES

Purpose: Dealing with pressure when serving, go aggressive on 2nd serve. Go aggressive on returning the 2nd serve.

- Play normal games but every game starts at 15/30 on 2nd serve!
- After the first rally finish the game "normally"

5. First to 9 games – SINGLES/DOUBLES

Purpose: Dealing with the scoreboard pressure and finishing the set.

- Normal games but play first to 9 instead of 6 games to win the set.
- Many times we tend to lose momentum when winning 4/1, 5/2 in the set. Playing first to 9 can teach you to carry your momentum forward.

6. End of set pressure – SINGLES/DOUBLES

Purpose: Dealing with the scoreboard pressure at the end of the set.

- Play normal games best of 5 sets but every set starts at 4 games all.

CONDITIONED POINTS CARD 3

7. Win your serves – SINGLES/DOUBLES

Purpose: Keeping the pressure on, staying ahead when serving.

- Play normal games but if returner gets to 30 he wins the game (0/30, 15/30, 30/30)
- Except if returner wins at 40/15, then you have to play deciding point at 40/30.
- Server can have 3 serves or 2 serves (if 3 is not challenging enough for server)

8. Break from 0/40 – SINGLES/DOUBLES

Purpose: Keep your focus when behind to hurt opponent

- Play best of 5 sets but every game starts on 40/0.
- As a returner try to get back into the game and turn it around. If you manage to win your return game you win the whole set. If it goes to tie-break just play a normal one.

9. 2nd serves only – SINGLES/DOUBLES

Purpose: Build up confidence on 2nd serves, go for heavy 2nd serves.

- Play normal games or tie-breaks first to 10 (in this case play the whole tie-break set on your serve)
- You only have one serve when start the point.

CONDITIONED POINTS CARD 4

10. First to 50 or 100 – SINGLES

Purpose: Play consistent and win the long rallies, dealing with pressure, point play mind set practice. Focus on every single shot.

- Play first to 50 or 100 points.
- Feed the ball in underarm and play the point out. You have to count the shots in the rally and who wins the rally will get the points (so if it was a rally of 12 the player who won it gets 12 points).
- You can play this game full court or also just cross-court or down the line.
- One of the best games to keep you focused on every single shot.

11. No unforced errors – SINGLES/DOUBLES

Purpose: Focus on every single shot, good decision making and not giving points away.

- Play best of 5 sets with normal game scoring.
- You have to count your own unforced errors (double faults count) and both players have an UNFORCED ERROR LIMIT for the set. If you reach this limit you lose the set even if you were winning!
- Unforced error levels: grand slam 6, masters 8, challenger 10, futures 12. You pick the level you want to be challenged at.