

Points to be remembered before a match

- **Pay attention to, Diet, Nutrition and Sleep.**
- **Do not get too excited.**
- **Never eat up to %80 of your capacity.**
- **Warm-up thoroughly before you play.**
- **The start of a game is very important in competition. At the beginning of a game you are not acquainted with your opponents way of playing, you may often commit the mistake of overplaying what seems to be a set up, although you should be on your toes right from the start of a game you must guard against rashness when there is a chance to attack. To begin with you would better pay attention to the placement of your strokes and be prepared to hold on against successive returns from your opponent.**
- **When returning a serve, your body should be tight rather than relaxed in order to move quickly**
- **The wrist of your racket hand should not be held too tight.**
- **Enforcing through a lifted drive, tilt the racket head up a bit and perform a stroke action similar to that of a faint shot.**
- **When a rally is going on, do not get too nervous or else you will take the ball too early.**
- **Remember that in a big tournament, the ball always comes to you a bit slower than you expect, but to counter a loop either with your forehand or backhand you must move forward to meet the ball more quickly.**
- **During a match stick to your proven tactics and do not change it just because you fear that your opponent is prepared against it, only when he/she is really well prepared and has adopted effective measures against it you should change your tactics.**
- **Do not get impetuous no matter what happens in a match.**
- **Keep a level head and carefully play your next moves.**
- **Where there is a will there is a way.**

Until the next session

**Play right
Javad**