

Four Things A Top TT Player MUST DO

Hi

Welcome to the next session of the TT secrets, from So far we have looked at a number of techniques and ways of thinking that really differentiate between champion TT players and average TT players.

This week I'm going to be getting a bit tougher. We're going to be talking about the reason we both are here...

You!

It's time to make sure that you are approaching your TT game in the right way, respond to what happens the right way and thus work towards getting you to think like a champion!

Hold on tight, I'm going to shake you up a bit and by the end you should come out with a whole new approach to your game.

"Four Things A Top TT Player MUST DO"

1. Take Responsibility.

The first and foremost trait that you must learn to develop if you want to reach the top in TT is to take responsibility.

By that I mean accept the fact that whatever happens from today onwards in your TT career is down to you.

I don't want to sound like a nagging coach/teacher/captain etc, because as you know, I'm here to help you, not tell you what to do!!

So I will say this - **losers always have an excellent reason why they never made it to the top.**

Let me repeat that:

LOSERS ALWAYS HAVE AN EXCELLENT REASON WHY THEY NEVER MADE IT TO THE TOP!

Ask any player who never quite reached their potential in TT, and they will be able to tell you precisely and accurately why they didn't.

And it will be so convincing that you will buy into their thinking, and even (and this is the dangerous bit), file it away as a possible excuse if you don't make it.

Many players' approach to the game is try their very hardest to do well. They come up against a few setbacks but decide to soldier on, because they can't give up straight away.

Then comes the big injury, or the new boy or girlfriend.

Or they have to work longer hours at work, or school.

Or they didn't get on with so and so, or they never had this chance, or that chance, or weren't picked for this

team, or so and so didn't like them and never gave them a chance.

This is all RUBBISH!!

The reason they didn't go as far as they hoped to was because they didn't take responsibility for the specific results in their own TT game.

Once you decide that you want to achieve something in the game, you have to take the responsibility for achieving it.

It's no good saying you want to beat your rival and then sitting back and expecting it to happen.

That is REACTIVE thinking - letting the world come to you.

Many people are like that and are perfectly happy dealing with whatever the world throws at them.

But they are not champions - they are not the players who go on and achieve all that they desire in the game, winning day after day.

These people are PROACTIVE thinkers, and that is what you need to be to get anywhere in TT.

What sort of person is a PROACTIVE thinker?

Someone who doesn't wait to be asked to play for a team, but goes to the captain and expresses their interest.

Someone who knows their serve needs work, and spends time trying to improve it instead of hoping that it will eventually get better.

Someone who has a major setback in the sport, but who comes back from it stronger and more determined, instead of using it as an easy excuse to quit.

Someone who admits when they make a mistake and learns from it.

Someone like you?

2. Have Hunger.

We talked about why you play TT in the very first email - well, to be honest I don't really care why you want to play the game.

All I care about is that whatever the reason (and you should know the reason by now), it has created enough drive, enough hunger that you are now desperate to succeed.

Hunger in its purest form is the biggest human driving force. If you are starving, you will do anything to get some food!

And taken into a TT sense, the level of appetite that you have for the game will determine how far you go.

So how can you develop this hunger?

By doing this:

Come up with a reason that you **MUST** succeed in TT.

DECIDE that you will go for it, make a firm **COMMITMENT** to yourself that whatever happens, you will never lose sight of what it is that you want to achieve.

Which brings me onto the third point...

3. Set Clear Goals

Ah, goals, yadda yadda, yawn yawn.

No! Not yadda yadda or yawn yawn, but your secret to succeeding!!

People set goals all the time, sometimes they work, sometimes they don't, conclusion, goal setting doesn't work.

Wrong!

Goal setting is one of the most powerful ways that you can achieve anything.

I remember when I was about 16 and was away at a TT Summer camp.

One of the other guys there was talking about his 'goals' and what he wanted to achieve.

Now I had always been firmly in the 'reactive thinker' camp - what was he talking about, 'goals'?

Surely you just played the best TT that you could, and if you were good enough you got picked for the best teams?

Now I think the fact that his first goal was to play for Iran first team whereas I wasn't even in the

County first team for my age group shows you who was showing the best way of approaching the game!

Every top player, whether they are stated specifically or not, will have goals in their game.

It helps to focus the mind, helps to keep you on track and stops other worries and thoughts preventing you from getting where you want to go.

In fact goal setting is so important that I think I'll put in the next email a special goal setting workshop, that will help you decide just what it is that you want to achieve in TT.

4. Utilise The Power of Visualisation

This is another secret that has been handed down through generations and is phenomenally powerful in a fast game like TT.

If you can consistently visualise in your mind what you want to achieve as though it's already happened,

your mind will do whatever is necessary to make it happen.

Now does THAT sound juicy to you!!

If you were to visualise yourself playing perfect TT, slowly, bit by bit, your mind will adapt this into your game and you will become a better player!

You may have heard of top sports psychologists who have used visualisation techniques on top players to great effect.

Well, you don't have to be a top player to get the benefits.

If you consistently keep an image of the goals that you will create in the goal-setting workshop in your mind, you will immediately sky-rocket your chances of achieving them!

Again, this is a massive subject that I won't go deeply into here, but what I hope I've done is give you the basics of the techniques that you can use to really make a difference to your game.

I hope that they are helping you to realise that TT is so much more than a game of going out and hitting a ball, where the fittest and strongest wins.

We both know that's not true!

It is about who plays the **SMARTEST**, who takes what they have already got and uses it in the best way to get the best results in the shortest amount of time.

Now THAT is the secret to TT!!

I do feel that we are getting somewhere now, the fact that you are still listening to me in part 5 shows that you are hungry for success, so I'll remind you again that next time we'll do a Goal-Setting Workshop to really get you moving fast in the right direction.

Until then, keep enjoying playing the greatest sport in the world!

Have a nice time next week.

Javad