

## Confidence

this time we're going to look at how developing a high level of confidence can make an enormous difference to your game.

Imagine walking on court (walking?), able to face any opponent, not afraid to relax and play your own game, not besieged by thoughts of failure.

Well, read on .

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### Confidence.

According to my dictionary's definition, it means either:

"The state or quality of being certain"

or

"A feeling of assurance, especially of self-assurance."

So in fact, it is merely a 'state' or a 'feeling'.

Now that is good news!

All we have to do is to change our state and we will become confident!

And that is the BIG secret.

Being confident has nothing to do with our real-life chances of succeeding, but rather it is how we feel at any one time.

So it's "the state or quality of being certain". But what shall we be certain of?

Let's say you have a match against someone who is miles better than you.

Are you certain that you are going to win?

No siree, not in the least!!

Are you certain that you are going to give your best in the game and try and win as many points as possible?

Now we're getting somewhere!

Let's take the opposite, a game against someone who is a lot weaker than you, a game that you really should win.

Are you certain that you are going to win?

Weeell, pretty much, but there's never any certainty that you will win any game.

Are you certain that you are going to give your best in the game and try and win as many points as possible?

Snap! Yes, you are, and from that certainty will come unstoppable confidence.

Lets take the other definition now...

-- "A feeling of assurance, especially of self-assurance."

OK, back to the dictionary!!

Self assurance:

"freedom from doubt; belief in yourself and your abilities."

Sooo, confidence is not so much about how sure you are about winning, rather it is the amount of belief that you have in your abilities.

Putting both of these together, we can define confidence as "believing for certain that you will try as hard as you possibly can".

Now that is a much easier kind of confidence to get!!

If you can go into every game having decided that whatever happens, you will keep going and play your own game to the best of your abilities, you can relax and not have to worry about the outcome.

Your confidence will come from knowing that no one can stop you from trying your hardest, no bad score can stop you from fighting and giving your all.

You won't look across at your opponent and feel fear, because you have that inner confidence that whatever they throw (or hit!) at you, you can only give back what you have, and that if that is not enough, then you will learn from that and be stronger for next time.

Remember when you next go on court that confidence comes from within, and nothing can take it away from you without your permission.

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Over the past few weeks we've looked at some very basic factors that make the difference between average TT players and successful TT players.

As you look around the people that you play with, including me, you will begin to see some of the traits, both good and bad, that we have discussed, and see what the secrets really are to TT success.

Until next time, have wonderful time.

Javad