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Dr. Robert Heller's

Tennis Mind Volume 2
software

Mental Skills for Match Play

“Dr. Heller's mental training exercises will save you from years of lost time and lost matches by developing your mental skills for competitive tennis play.”

Scott Williams, author of "Serious Tennis"

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About Dr. Robert Heller

Dr. Robert Heller is a psychologist, sports psychology consultant, and tennis teaching professional based in Boca Raton, Florida. As director of The Winning Edge, he specializes in helping junior and adult athletes in tennis and other sports achieve their best, both on and off the courts, and provides clinics on Mental Fitness For Tennis.

Dr. Heller's articles have appeared in numerous tennis publications including Florida Tennis, Tennis Industry Magazine, Tennis Life and Tennis Pro.

Well known to the South Florida tennis community, Dr. Heller has presented his work at The Evert Tennis Academy, The Racquet Club, both of Boca Raton, FL,



and the Weston Tennis and Field Club of Weston, CT, just to name a few venues.

Dr. Heller has served as a faculty member for the USPTA , PTR, Florida USPTA convention and Florida High School Tennis Coaches Conference. He was also a consultant to a USTA grant on teaching coping skills to elite junior tennis players and has taught sports psychology at Lynn University.

Dr. Heller's passion to help tennis players to develop a psychological "winning edge" led Subconscious Training Corporation to choose him as the content provider for this cutting-edge mental training product, TennisMind Software.

TennisMind Sessions Volume 2: Mental Skills for Match Play Sessions

Overcoming Gamesmanship Be a smart tennis player and take advantage of every ethical and legitimate strategy that gives you a winning edge. Make the “rules of tennis” and the “tennis code of conduct” your friends and utilize strategies to respond to gamesmanship by your opponent.

Pre-Match Mental Preparation This session will help you review in your mind many of the mental and emotional control skills you’ve honed from other TennisMind training sessions. In addition, you’ll be versed on game day warm-up and other match preparation tactics.

Playing in The Zone Be alert, quick, agile and energetic. Believe that you can get to every ball. Being “in the zone” means that your mind is only in the present moment and everything is flowing easily and naturally. It’s you at your best.

Closing Out Matches When you’re ahead and in position to close out the match, this training session will help you to maintain a constant pressure on your opponent, neither going for too much nor too little on your shots. You’ll concentrate and play tough.

Performing Under Pressure Let pressure bring out the best in you and your game. Let pressure push you to play smart and in control. Managing pressure is what competition is all about.

Effective Rituals Use rituals to maximize your tennis effectiveness. By performing your rituals in the same way every time, they’ll become positive habits and enhance your performance. Hone your rituals and you’ll stay focused, reduce stress, and more.

Communicating in Doubles To play good doubles, you and your partner must communicate clearly. This session will have you communicating properly in every situation... from the tough points to winning love games.

Coming Back From Behind Tennis is a game of momentum. Knowing this means that falling behind is only a phase in your overall winning outcome. Jimmy Connors made a career out of coming back. Make it part of your repertoire, too, by taking this training.

Eliminating Unwanted Thoughts Unwanted thoughts are those that lead to tension, doubts and fears. They are negative, highly critical and judgmental. By training here, your thoughts will be positive, optimistic and non-judgmental. The result is confident, winning tennis.

Dealing With Difficult People & Situations If you find that you let distracting and stressful situations get the better of you, then this training session is a must. Take bad bounces, poor court conditions, and players with attitudes, in stride and prevail.