

# **SPORTS ENGINEERING: RACQUETBALL**

**WORKBOOK AND JOURNAL**

**A SPORTS ENGINEERING PROGRAM FOR  
BUILDING BASIC RACQUETBALL SKILLS**

**PSYCHOEDUCATIONAL SERIES VOLUME 2**

**BY**

**POLYMATHESE**

---

All written and audio-visual materials included in  
this program  
Copyright © 2019  
Polymathese  
All Rights Reserved

# Table of Contents

Introduction.....	1
Acknowledgements.....	3
Brain Wave State Diagram.....	4
Basic Rules for Setting Goals & Objectives.....	5
Examples of the Forms & Worksheets.....	6
Affirmation Worksheet.....	7
Visualization Worksheet.....	9
Training Log.....	11
Competition Log.....	13
Skills Confidence Survey.....	15
Mental Toughness Inventory.....	16
Racquetball Skills Confidence Inventories.....	17
Racquetball Performance Affirmation Worksheets.....	28
Racquetball Visualization Worksheets.....	39
Racquetball Training Log Worksheets.....	50
Racquetball Competition Log Worksheets.....	71
Racquetball Mental Toughness Inventories.....	92
Additional Notes.....	103
References.....	114



## Introduction

Sports Engineering: Racquetball is a simple, comprehensive method of organizing your tournament experience and your training exercises in a systematic way. By systematically analyzing your performance during training and competition, you can make significant improvements in your game in the shortest possible amount of time.

There are six forms that you will use to monitor your progress:

1. Racquetball Skills Confidence Survey
2. Racquetball Performance Affirmation Worksheet
3. Racquetball Visualization Worksheet
4. Racquetball Training Log
5. Racquetball Competition Log
6. Racquetball Mental Toughness Inventory

An example of each of these forms follows this introduction. Each form is self-explanatory, and you will discover that they are very easy to use, and may even remind you of other forms you have seen or created yourself.

Begin with the Confidence Survey. Your responses to this survey will highlight those elements of your game that require immediate attention. Create goals, affirmations, and guided imagery based on your responses to the survey.

Track your progress during practice sessions and games with the Racquetball Training Log.

Track your performance during competition with the Competition Log. The Mental toughness Inventory can be used after each match to isolate areas where you are strong and

should carry over to subsequent play, and areas that you can begin to improve for the next match.

Hypnosis is best understood as a method used to change brain wave patterns from rapid beta rhythms to slower alpha rhythms. In effect, hypnosis slows down the processing speed of the brain and the nervous system, inducing a state of calm, relaxed awareness. Please refer to the Brain Wave State Diagram on the next page for more information.

I hope you enjoy and benefit from the materials presented here.

See You On The Court!

## Acknowledgements

This workbook is based on my own experiences as a racquetball player, and the training I have enjoyed from my coaches, trainers, and playing partners.

In addition, I owe an enormous debt of gratitude to the pioneers in the field of sports psychology and racquetball who provided a wealth of research material from which I have borrowed, adapted, and sometimes stolen:

Anthony Robbins  
Jim Loehr, Ph.D.  
Milton H. Erickson, M.D.  
Michael Samuels, M.D.

and the great teachers and researches at the United States Racquetball Association (Team USA Racquetball  
– <https://www.teamusa.org/USA-Racquetball>)

## Brain Wave State Diagram

Brain-Wave Level		Mental Characteristics	Physical Characteristics
<b>Beta</b> (14 – 30 cycles per second)	100	Wide Awake State	Extreme Tension, Uptight
	95	Excitement, Frustration	High Metabolic Behavior
	90	Aware of all senses	Hands Moist and Clammy
	85	Very Alert	Accelerated Work Ability
	80	Actively Aware	Hyperactive
	75	Active Thought Patterns	High Degree of Stamina
	70	Comfortably Alert	Comfortable, Restful State
	65	Consciously Aware	Good Observation State
	60	Normal Thought Patterns	Physically At Rest
	55	Easy Thoughts	Beginning to Relax
	50	Less Active Thoughts	Increased Composure
<b>Alpha</b> (8-13 cps)	45	Pre-Drowsiness	Releasing All Body Feelings
	40	Increased Susceptibility	Passive Awareness
	35	Passive Awareness	Numb, Quiet
	30	Total Sensory Withdrawal	Deep Relaxation
	25	Low Alpha State	Complete Passivity
<b>Theta</b> (4-7 cps)	20	Drowsiness	Unaware
	15	Beginning Unconsciousness	Unaware
	10	Unconsciousness	Unconscious
<b>Delta</b> (.05-3.5 cps)	5	Deep Sleep State	Deep Sleep State
	0	Baseline	Baseline



## Basic Rules for Setting Goals and Objectives

1. When you construct your goals, word them so they are task or objective-oriented, and not result-oriented. Results are often abstract and indeterminate. Tasks and objectives are concrete and measurable.
2. Your goals must be specific and observable. For example, "I will do my best to win at this tournament" is an ineffective wording for your goal. Instead, try wording it this way: "During every game at this tournament, I will get my racquet up!"
3. Anthony Robbins says that "Goals are dreams with a deadline." Therefore, set specific target dates for achieving your goals. For example, "I will win first place at a tournament by the end of the season. "
4. Use your Training and Competition Logs to create an immediate feedback system.
5. Create short, intermediate, and long-term goals. Translate these goals into daily tasks and exercises.
6. Believe in YOUR goals – be sure that you are pursuing those goals and objectives that YOU want, and not those that someone else has set for you.
7. Write your goals down in the Visualization Worksheet. Also, it is sometimes useful to write them on index cards or sheets of paper that you can carry with you or display in your home or office.
8. State goals and affirmations in positive terms. Use phrases like "I am a confident and powerful hitter" rather than "Don't skip the ball."
9. Be sure that your goals are flexible. You will make many modifications and revisions as you progress.

# **Examples of How the Forms, Worksheets, and Inventories Are To Be Filled Out**

## Racquetball Skills Confidence Survey

#	I feel confident in my ability to...	No	Yes	Over-Confident
1.	Make critical decisions during a game.		X	
2.	Concentrate throughout the duration of a match.	X		
3.	Perform under pressure.	X		
4.	Return serve offensively.	X		
5.	Return serve defensively.		X	
6.	Control my emotions during a game.		X	
7.	Come from behind and win.	X		
8.	Improve my game.		X	
9.	Accept constructive criticism.		X	
10	Hit forehand kill shots.		X	
11	Hit backhand kill shots.	X		
12	Consistently serve well.		X	
13	Put forth the effort required to succeed.		X	
14	Execute a successful strategy.		X	
15	Adapt to changes in my opponent's strategy.	X		
16	Anticipate my opponent's shots.	X		
17	Analyze my opponent(s) and develop a pre-game strategy.	X		
18	Be positive and optimistic.		X	

## Racquetball Performance Affirmation Worksheet

Practice	<b>X</b>	Tournament		Date:	<b>6/1/2019</b>
----------	----------	------------	--	-------	-----------------

Affirmation #1:	<b>I am a dynamic, consistent, and power hitter.</b>
Affirmation #2:	<b>I love to play racquetball.</b>
Affirmation #3:	
Affirmation #4:	
Affirmation #5:	
Affirmation #6:	
Affirmation #7:	
Affirmation #8:	
Affirmation #9:	

## Racquetball Performance Affirmation Worksheet

Practice		Tournament	<b>X</b>	Date:	<b>6/1/2019</b>
----------	--	------------	----------	-------	-----------------

Affirmation #1:	<b>I am a winner!</b>
Affirmation #2:	<b>I have the skills and determination to come from behind and win!</b>
Affirmation #3:	<b>I am calm and confident.</b>
Affirmation #4:	
Affirmation #5:	
Affirmation #6:	
Affirmation #7:	
Affirmation #8:	
Affirmation #9:	

## Racquetball Visualization Worksheet

<b>Date:</b>	<b>6/1/2019</b>	<b>Time:</b>	<b>15:00</b>
<b>Goal/Objective</b>			
<p>My backhand is a little weak from the back wall when I am returning a slow lob serve. My objective is to improve my performance by:</p> <ul style="list-style-type: none"> <li>▪ Watching the ball</li> <li>▪ Getting in perfect relative position</li> <li>▪ Being patient</li> <li>▪ Following through</li> </ul>			
<b>Guided Imagery/Visualization</b>			
<p>I will create an alpha state by using rhythmic breathing, then I will imagine that I am in the court and returning that really good slow lob serve to my backhand side. I will use Subjective Mental Theater first, viewing myself from a distance and from different perspectives. I will slow the action down at first, and watch myself execute a perfect backhand return. When I am comfortable with this visualization, I will use Objective Mental Theater and view the action from my own eyes as I execute several perfect backhand returns.</p> <p>Both Subjective and Objective views will incorporate the 4 elements listed above.</p> <p>I will use slow-motion, stop-motion, rewind, and fast-forward as I view myself executing these perfect returns.</p> <p>I will end with a few minutes of deep relaxation.</p> <p>Total Estimated Time: 15 - 20 minutes</p>			

## Racquetball Visualization Worksheet

<b>Date:</b>	<b>6/1/2019</b>	<b>Time:</b>	<b>18:00</b>
<b>Goal/Objective</b>			
I want to improve my ability to watch the ball, especially as it contacts the racquet. I will use a picture to help me visualize this action.			
<b>Guided Imagery/Visualization</b>			
Insert a photograph or picture here to illustrate watching the ball.			

## Racquetball Training Log

<b>Practice Sessions and Games</b>	Location:	Your Club, Inc.
	Date:	June 1, 2019
	Time:	18:00 (Youth League Night)
	Duration:	2 hours
<b>Warm-Up Routine</b>	Light Weights:	Upper body only (shoulders, lats, arms)
	Cardio-Vascular:	5 minutes – stationary bike
	Stretching:	Complete routine
	Suryanamaskar:	1 <sup>st</sup> 4 movements only
<b>Techniques and Skills</b>	Drive Serves:	OK – a little too high off the back wall
	Lob Serves:	Good – slow and difficult to return
	Ceiling Shots:	Forehand (FH) OK – Backhand (BH) always going to right side of court
	Pinches:	Good – low and effective
	Kill Shots:	FH very good – BH a bit too high
	Footwork:	Good balance
	Relative Position:	Improving – still overshooting ball sometimes
<b>Overall Synergy</b>	Great workout – good improvement in pinches – felt good during all games	



<b>Weight Training</b>	Shoulders:	150 lbs – 35 seconds
	Lats:	170 lbs – 20 seconds
	Chest:	200 lbs – 45 seconds
	Arms:	N/A
	Legs:	N/A
	Abs:	N/A
	Traps:	N/A
<b>Physical Training</b>	Diet:	Standard diet
	Water:	12 glasses
	Sleep:	8 hours
	Work/Rest Ratio:	2:1
<b>Mental Training</b>	Focus & Concentration	Very good – kept eye on ball 90% of time
	Visualization:	Good – saw shot while setting up
	Attitude:	Very good – happy
	Motivation:	Very good
	Confidence:	High – preparing for tournament
	Rituals:	Focused on strings between serves; mentally said ‘Hit’ during swings

## Racquetball Competition Log

<b>Tournament Information</b>	Tournament Name:	State Doubles
	Location:	Your Club, Inc.
	Date:	June 1, 2019
	Time:	17:00
	Division/Round:	Men's A Doubles Round 1
	Partner:	Evan Ektelon
<b>Opponent(s)</b>	Name(s):	Warren Wilson & Harry Head
	Strengths:	Forehand Kills, Lob Serves
	Weaknesses:	Backhand returns, lobs
	My Effective Strategies:	Defensive lobs for return of serve, pinches to opposite side of court
	My Ineffective Strategies:	Down-the-line kill shots – they are too quick, and return these 70% of the time
	Changes to Make:	More pinches
<b>Physical</b>	Diet:	Normal; carbo-loading 90 minutes b4 match
	Water:	32 oz b4 match, + Gatorade
	Sleep:	8 hours
	Work/Rest Ratio:	2:1

<b>Techniques and Skills</b>	Drive Serves:	OK – a little too slow, though
	Lob Serves:	Good – effective against backhand, less so against forehand
	Ceiling Shots:	Very good
	Pinches:	Very effective
	Kill Shots:	OK – not low enough to be effective against Brad and Danny, though
	Footwork:	Very good – nice setups, good follow-through
	Relative Position:	Good
<b>Mental Skills</b>	Focus & Concentration:	Excellent
	Visualization:	Good – especially with serves
	Attitude:	Great – I had a great time
	Motivation:	Great
	Confidence:	Very Good
	Rituals:	Bounce ball 5 times before service; take 10 seconds b4 receiving (racquet up)
	Mental Toughness:	Good – especially eye focus and relaxation
<b>Score &amp; Overall Eval.</b>	Really good match! We won in a close tie-breaker 15-12; 13-15; 11-9	

## Mental Toughness Inventory

#	Questions	Score
1.	My eyes are controlled (eyes on ball during contact, focused between rallies.)	2
2.	My shoulders are back, my head is up, and I project confidence.	2
3.	I walk with high energy, on my toes, balanced and ready for action.	2
4.	I end my rallies with a positive physical response such as positive self-talk, fist-pump, etc.	3
5.	I feel relaxed and loose – I take deep breaths, my arms hang loosely at my sides, I deliberately relax before the next rally.	2
6.	I think clearly before each rally begins, pausing and visualizing before I serve.	3
7.	I perform well-defined rituals before I serve – I bounce the ball, check my position in the service box, check my receiver, etc.	3
8.	I perform well-defined rituals before receiving service – I look at my strings to minimize distractions and increase my focus, I visualize my footwork and relative ball position, I sway as I balance on my toes.	3
9.	I am calm and relaxed between rallies, and I respect the officials and my opponents at all times – I never argue with them, and keep my mind on my game.	3
10.	I take a minimum of 3 seconds and a maximum of 10 seconds after the referee calls serve (both serving and receiving).	3
11.	Total Score	26

### Mental Toughness Inventory Scoring

Almost Always = 3  
 Sometimes = 2  
 Almost Never = 1

Mentally Tough = 24 – 30  
 Some Deficiencies = 21 – 24  
 Serious Deficiencies = Below 21

# **Racquetball Skills Confidence Survey Forms**

## Racquetball Skills Confidence Inventory

#	I feel confident in my ability to...	No	Yes	Over-Confident
1.	Make critical decisions during a game.			
2.	Concentrate throughout the duration of a match.			
3.	Perform under pressure.			
4.	Return serve offensively.			
5.	Return serve defensively.			
6.	Control my emotions during a game.			
7.	Come from behind and win.			
8.	Improve my game.			
9.	Accept constructive criticism.			
10.	Hit forehand kill shots.			
11.	Hit backhand kill shots.			
12.	Consistently serve well.			
13.	Put forth the effort required to succeed.			
14.	Execute a successful strategy.			
15.	Adapt to changes in my opponent's strategy.			
16.	Anticipate my opponent's shots.			
17.	Analyze my opponent(s) and develop a pre-game strategy.			
18.	Be positive and optimistic.			

## Racquetball Skills Confidence Inventory

#	I feel confident in my ability to...	No	Yes	Over-Confident
1.	Make critical decisions during a game.			
2.	Concentrate throughout the duration of a match.			
3.	Perform under pressure.			
4.	Return serve offensively.			
5.	Return serve defensively.			
6.	Control my emotions during a game.			
7.	Come from behind and win.			
8.	Improve my game.			
9.	Accept constructive criticism.			
10.	Hit forehand kill shots.			
11.	Hit backhand kill shots.			
12.	Consistently serve well.			
13.	Put forth the effort required to succeed.			
14.	Execute a successful strategy.			
15.	Adapt to changes in my opponent's strategy.			
16.	Anticipate my opponent's shots.			
17.	Analyze my opponent(s) and develop a pre-game strategy.			
18.	Be positive and optimistic.			

## Racquetball Skills Confidence Inventory

#	I feel confident in my ability to...	No	Yes	Over-Confident
1.	Make critical decisions during a game.			
2.	Concentrate throughout the duration of a match.			
3.	Perform under pressure.			
4.	Return serve offensively.			
5.	Return serve defensively.			
6.	Control my emotions during a game.			
7.	Come from behind and win.			
8.	Improve my game.			
9.	Accept constructive criticism.			
10.	Hit forehand kill shots.			
11.	Hit backhand kill shots.			
12.	Consistently serve well.			
13.	Put forth the effort required to succeed.			
14.	Execute a successful strategy.			
15.	Adapt to changes in my opponent's strategy.			
16.	Anticipate my opponent's shots.			
17.	Analyze my opponent(s) and develop a pre-game strategy.			
18.	Be positive and optimistic.			



## Racquetball Skills Confidence Inventory

#	I feel confident in my ability to...	No	Yes	Over-Confident
1.	Make critical decisions during a game.			
2.	Concentrate throughout the duration of a match.			
3.	Perform under pressure.			
4.	Return serve offensively.			
5.	Return serve defensively.			
6.	Control my emotions during a game.			
7.	Come from behind and win.			
8.	Improve my game.			
9.	Accept constructive criticism.			
10.	Hit forehand kill shots.			
11.	Hit backhand kill shots.			
12.	Consistently serve well.			
13.	Put forth the effort required to succeed.			
14.	Execute a successful strategy.			
15.	Adapt to changes in my opponent's strategy.			
16.	Anticipate my opponent's shots.			
17.	Analyze my opponent(s) and develop a pre-game strategy.			
18.	Be positive and optimistic.			

## Racquetball Skills Confidence Inventory

#	I feel confident in my ability to...	No	Yes	Over-Confident
1.	Make critical decisions during a game.			
2.	Concentrate throughout the duration of a match.			
3.	Perform under pressure.			
4.	Return serve offensively.			
5.	Return serve defensively.			
6.	Control my emotions during a game.			
7.	Come from behind and win.			
8.	Improve my game.			
9.	Accept constructive criticism.			
10.	Hit forehand kill shots.			
11.	Hit backhand kill shots.			
12.	Consistently serve well.			
13.	Put forth the effort required to succeed.			
14.	Execute a successful strategy.			
15.	Adapt to changes in my opponent's strategy.			
16.	Anticipate my opponent's shots.			
17.	Analyze my opponent(s) and develop a pre-game strategy.			
18.	Be positive and optimistic.			

## Racquetball Skills Confidence Inventory

#	I feel confident in my ability to...	No	Yes	Over-Confident
1.	Make critical decisions during a game.			
2.	Concentrate throughout the duration of a match.			
3.	Perform under pressure.			
4.	Return serve offensively.			
5.	Return serve defensively.			
6.	Control my emotions during a game.			
7.	Come from behind and win.			
8.	Improve my game.			
9.	Accept constructive criticism.			
10.	Hit forehand kill shots.			
11.	Hit backhand kill shots.			
12.	Consistently serve well.			
13.	Put forth the effort required to succeed.			
14.	Execute a successful strategy.			
15.	Adapt to changes in my opponent's strategy.			
16.	Anticipate my opponent's shots.			
17.	Analyze my opponent(s) and develop a pre-game strategy.			
18.	Be positive and optimistic.			

## Racquetball Skills Confidence Inventory

#	I feel confident in my ability to...	No	Yes	Over-Confident
1.	Make critical decisions during a game.			
2.	Concentrate throughout the duration of a match.			
3.	Perform under pressure.			
4.	Return serve offensively.			
5.	Return serve defensively.			
6.	Control my emotions during a game.			
7.	Come from behind and win.			
8.	Improve my game.			
9.	Accept constructive criticism.			
10.	Hit forehand kill shots.			
11.	Hit backhand kill shots.			
12.	Consistently serve well.			
13.	Put forth the effort required to succeed.			
14.	Execute a successful strategy.			
15.	Adapt to changes in my opponent's strategy.			
16.	Anticipate my opponent's shots.			
17.	Analyze my opponent(s) and develop a pre-game strategy.			
18.	Be positive and optimistic.			

## Racquetball Skills Confidence Inventory

#	I feel confident in my ability to...	No	Yes	Over-Confident
1.	Make critical decisions during a game.			
2.	Concentrate throughout the duration of a match.			
3.	Perform under pressure.			
4.	Return serve offensively.			
5.	Return serve defensively.			
6.	Control my emotions during a game.			
7.	Come from behind and win.			
8.	Improve my game.			
9.	Accept constructive criticism.			
10.	Hit forehand kill shots.			
11.	Hit backhand kill shots.			
12.	Consistently serve well.			
13.	Put forth the effort required to succeed.			
14.	Execute a successful strategy.			
15.	Adapt to changes in my opponent's strategy.			
16.	Anticipate my opponent's shots.			
17.	Analyze my opponent(s) and develop a pre-game strategy.			
18.	Be positive and optimistic.			

## Racquetball Skills Confidence Inventory

#	I feel confident in my ability to...	No	Yes	Over-Confident
1.	Make critical decisions during a game.			
2.	Concentrate throughout the duration of a match.			
3.	Perform under pressure.			
4.	Return serve offensively.			
5.	Return serve defensively.			
6.	Control my emotions during a game.			
7.	Come from behind and win.			
8.	Improve my game.			
9.	Accept constructive criticism.			
10.	Hit forehand kill shots.			
11.	Hit backhand kill shots.			
12.	Consistently serve well.			
13.	Put forth the effort required to succeed.			
14.	Execute a successful strategy.			
15.	Adapt to changes in my opponent's strategy.			
16.	Anticipate my opponent's shots.			
17.	Analyze my opponent(s) and develop a pre-game strategy.			
18.	Be positive and optimistic.			

## Racquetball Skills Confidence Inventory

#	I feel confident in my ability to...	No	Yes	Over-Confident
1.	Make critical decisions during a game.			
2.	Concentrate throughout the duration of a match.			
3.	Perform under pressure.			
4.	Return serve offensively.			
5.	Return serve defensively.			
6.	Control my emotions during a game.			
7.	Come from behind and win.			
8.	Improve my game.			
9.	Accept constructive criticism.			
10.	Hit forehand kill shots.			
11.	Hit backhand kill shots.			
12.	Consistently serve well.			
13.	Put forth the effort required to succeed.			
14.	Execute a successful strategy.			
15.	Adapt to changes in my opponent's strategy.			
16.	Anticipate my opponent's shots.			
17.	Analyze my opponent(s) and develop a pre-game strategy.			
18.	Be positive and optimistic.			

# **Racquetball Performance Affirmation Worksheets**



## Racquetball Performance Affirmation Worksheets

Practice		Tournament		Date:	
----------	--	------------	--	-------	--

Affirmation #1:	
Affirmation #2:	
Affirmation #3:	
Affirmation #4:	
Affirmation #5:	
Affirmation #6:	
Affirmation #7:	
Affirmation #8:	
Affirmation #9:	

## Racquetball Performance Affirmation Worksheets

Practice		Tournament		Date:	
----------	--	------------	--	-------	--

Affirmation #1:	
Affirmation #2:	
Affirmation #3:	
Affirmation #4:	
Affirmation #5:	
Affirmation #6:	
Affirmation #7:	
Affirmation #8:	
Affirmation #9:	

## Racquetball Performance Affirmation Worksheets

Practice		Tournament		Date:	
----------	--	------------	--	-------	--

Affirmation #1:	
Affirmation #2:	
Affirmation #3:	
Affirmation #4:	
Affirmation #5:	
Affirmation #6:	
Affirmation #7:	
Affirmation #8:	
Affirmation #9:	

## Racquetball Performance Affirmation Worksheets

Practice		Tournament		Date:	
----------	--	------------	--	-------	--

Affirmation #1:	
Affirmation #2:	
Affirmation #3:	
Affirmation #4:	
Affirmation #5:	
Affirmation #6:	
Affirmation #7:	
Affirmation #8:	
Affirmation #9:	

## Racquetball Performance Affirmation Worksheets

Practice		Tournament		Date:	
----------	--	------------	--	-------	--

Affirmation #1:	
Affirmation #2:	
Affirmation #3:	
Affirmation #4:	
Affirmation #5:	
Affirmation #6:	
Affirmation #7:	
Affirmation #8:	
Affirmation #9:	

## Racquetball Performance Affirmation Worksheets

Practice		Tournament		Date:	
----------	--	------------	--	-------	--

Affirmation #1:	
Affirmation #2:	
Affirmation #3:	
Affirmation #4:	
Affirmation #5:	
Affirmation #6:	
Affirmation #7:	
Affirmation #8:	
Affirmation #9:	

## Racquetball Performance Affirmation Worksheets

Practice		Tournament		Date:	
----------	--	------------	--	-------	--

Affirmation #1:	
Affirmation #2:	
Affirmation #3:	
Affirmation #4:	
Affirmation #5:	
Affirmation #6:	
Affirmation #7:	
Affirmation #8:	
Affirmation #9:	

## Racquetball Performance Affirmation Worksheets

Practice		Tournament		Date:	
----------	--	------------	--	-------	--

Affirmation #1:	
Affirmation #2:	
Affirmation #3:	
Affirmation #4:	
Affirmation #5:	
Affirmation #6:	
Affirmation #7:	
Affirmation #8:	
Affirmation #9:	



## Racquetball Performance Affirmation Worksheets

Practice		Tournament		Date:	
----------	--	------------	--	-------	--

Affirmation #1:	
Affirmation #2:	
Affirmation #3:	
Affirmation #4:	
Affirmation #5:	
Affirmation #6:	
Affirmation #7:	
Affirmation #8:	
Affirmation #9:	

## Racquetball Performance Affirmation Worksheets

Practice		Tournament		Date:	
----------	--	------------	--	-------	--

Affirmation #1:	
Affirmation #2:	
Affirmation #3:	
Affirmation #4:	
Affirmation #5:	
Affirmation #6:	
Affirmation #7:	
Affirmation #8:	
Affirmation #9:	

# **Racquetball Visualization Worksheets**

# Racquetball Visualization Worksheet

<b>Date:</b>		<b>Time:</b>	
<b>Goal/Objective</b>			
<b>Guided Imagery/Visualization</b>			

## Racquetball Visualization Worksheet

<b>Date:</b>		<b>Time:</b>	
<b>Goal/Objective</b>			
<b>Guided Imagery/Visualization</b>			

# Racquetball Visualization Worksheet

<b>Date:</b>		<b>Time:</b>	
<b>Goal/Objective</b>			
<b>Guided Imagery/Visualization</b>			

## Racquetball Visualization Worksheet

<b>Date:</b>		<b>Time:</b>	
<b>Goal/Objective</b>			
<b>Guided Imagery/Visualization</b>			

**Racquetball Visualization Worksheet**

<b>Date:</b>		<b>Time:</b>	
<b>Goal/Objective</b>			
<b>Guided Imagery/Visualization</b>			



## Racquetball Visualization Worksheet

<b>Date:</b>		<b>Time:</b>	
<b>Goal/Objective</b>			
<b>Guided Imagery/Visualization</b>			

# Racquetball Visualization Worksheet

<b>Date:</b>		<b>Time:</b>	
<b>Goal/Objective</b>			
<b>Guided Imagery/Visualization</b>			

## Racquetball Visualization Worksheet

<b>Date:</b>		<b>Time:</b>	
<b>Goal/Objective</b>			
<b>Guided Imagery/Visualization</b>			

# Racquetball Visualization Worksheet

<b>Date:</b>		<b>Time:</b>	
<b>Goal/Objective</b>			
<b>Guided Imagery/Visualization</b>			

## Racquetball Visualization Worksheet

<b>Date:</b>		<b>Time:</b>	
<b>Goal/Objective</b>			
<b>Guided Imagery/Visualization</b>			

# Training Log Worksheets

## Racquetball Training Log Worksheet

<b>Practice Sessions and Games</b>	Location:	
	Date:	
	Time:	
	Duration:	
<b>Warm-Up Routine</b>	Light Weights:	
	Cardio- Vascular:	
	Stretching:	
	Suryanamaskar:	
<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Overall Synergy</b>		

## Racquetball Training Log Worksheet

<b>Weight Training</b>	Shoulders:	
	Lats:	
	Chest:	
	Arms:	
	Legs:	
	Abs:	
	Traps:	
<b>Physical Training</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	
<b>Mental Training</b>	Focus & Concentration	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	



## Racquetball Training Log Worksheet

<b>Practice Sessions and Games</b>	Location:	
	Date:	
	Time:	
	Duration:	
<b>Warm-Up Routine</b>	Light Weights:	
	Cardio- Vascular:	
	Stretching:	
	Suryanamaskar:	
<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Overall Synergy</b>		

## Racquetball Training Log Worksheet

<b>Weight Training</b>	Shoulders:	
	Lats:	
	Chest:	
	Arms:	
	Legs:	
	Abs:	
	Traps:	
<b>Physical Training</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	
<b>Mental Training</b>	Focus & Concentration	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	

## Racquetball Training Log Worksheet

<b>Practice Sessions and Games</b>	Location:	
	Date:	
	Time:	
	Duration:	
<b>Warm-Up Routine</b>	Light Weights:	
	Cardio- Vascular:	
	Stretching:	
	Suryanamaskar:	
<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Overall Synergy</b>		

## Racquetball Training Log Worksheet

<b>Weight Training</b>	Shoulders:	
	Lats:	
	Chest:	
	Arms:	
	Legs:	
	Abs:	
	Traps:	
<b>Physical Training</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	
<b>Mental Training</b>	Focus & Concentration	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	

## Racquetball Training Log Worksheet

<b>Practice Sessions and Games</b>	Location:	
	Date:	
	Time:	
	Duration:	
<b>Warm-Up Routine</b>	Light Weights:	
	Cardio-Vascular:	
	Stretching:	
	Suryanamaskar:	
<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Overall Synergy</b>		

## Racquetball Training Log Worksheet

<b>Weight Training</b>	Shoulders:	
	Lats:	
	Chest:	
	Arms:	
	Legs:	
	Abs:	
	Traps:	
<b>Physical Training</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	
<b>Mental Training</b>	Focus & Concentration	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	

## Racquetball Training Log Worksheet

<b>Practice Sessions and Games</b>	Location:	
	Date:	
	Time:	
	Duration:	
<b>Warm-Up Routine</b>	Light Weights:	
	Cardio- Vascular:	
	Stretching:	
	Suryanamaskar:	
<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Overall Synergy</b>		

## Racquetball Training Log Worksheet

<b>Weight Training</b>	Shoulders:	
	Lats:	
	Chest:	
	Arms:	
	Legs:	
	Abs:	
	Traps:	
<b>Physical Training</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	
<b>Mental Training</b>	Focus & Concentration	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	



## Racquetball Training Log Worksheet

<b>Practice Sessions and Games</b>	Location:	
	Date:	
	Time:	
	Duration:	
<b>Warm-Up Routine</b>	Light Weights:	
	Cardio- Vascular:	
	Stretching:	
	Suryanamaskar:	
<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Overall Synergy</b>		

## Racquetball Training Log Worksheet

<b>Weight Training</b>	Shoulders:	
	Lats:	
	Chest:	
	Arms:	
	Legs:	
	Abs:	
	Traps:	
<b>Physical Training</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	
<b>Mental Training</b>	Focus & Concentration	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	

## Racquetball Training Log Worksheet

<b>Practice Sessions and Games</b>	Location:	
	Date:	
	Time:	
	Duration:	
<b>Warm-Up Routine</b>	Light Weights:	
	Cardio- Vascular:	
	Stretching:	
	Suryanamaskar:	
<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Overall Synergy</b>		

## Racquetball Training Log Worksheet

<b>Weight Training</b>	Shoulders:	
	Lats:	
	Chest:	
	Arms:	
	Legs:	
	Abs:	
	Traps:	
<b>Physical Training</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	
<b>Mental Training</b>	Focus & Concentration	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	

## Racquetball Training Log Worksheet

<b>Practice Sessions and Games</b>	Location:	
	Date:	
	Time:	
	Duration:	
<b>Warm-Up Routine</b>	Light Weights:	
	Cardio- Vascular:	
	Stretching:	
	Suryanamaskar:	
<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Overall Synergy</b>		

## Racquetball Training Log Worksheet

<b>Weight Training</b>	Shoulders:	
	Lats:	
	Chest:	
	Arms:	
	Legs:	
	Abs:	
	Traps:	
<b>Physical Training</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	
<b>Mental Training</b>	Focus & Concentration	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	

## Racquetball Training Log Worksheet

<b>Practice Sessions and Games</b>	Location:	
	Date:	
	Time:	
	Duration:	
<b>Warm-Up Routine</b>	Light Weights:	
	Cardio- Vascular:	
	Stretching:	
	Suryanamaskar:	
<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Overall Synergy</b>		

## Racquetball Training Log Worksheet

<b>Weight Training</b>	Shoulders:	
	Lats:	
	Chest:	
	Arms:	
	Legs:	
	Abs:	
	Traps:	
<b>Physical Training</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	
<b>Mental Training</b>	Focus & Concentration	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	



## Racquetball Training Log Worksheet

<b>Practice Sessions and Games</b>	Location:	
	Date:	
	Time:	
	Duration:	
<b>Warm-Up Routine</b>	Light Weights:	
	Cardio- Vascular:	
	Stretching:	
	Suryanamaskar:	
<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Overall Synergy</b>		

## Racquetball Training Log Worksheet

<b>Weight Training</b>	Shoulders:	
	Lats:	
	Chest:	
	Arms:	
	Legs:	
	Abs:	
	Traps:	
<b>Physical Training</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	
<b>Mental Training</b>	Focus & Concentration	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	

# Competition Log Worksheets

## Racquetball Competition Log Worksheet

<b>Tournament Information</b>	Tournament Name:	
	Location:	
	Date:	
	Time:	
	Division/Round:	
	Doubles Partner:	
<b>Opponent(s)</b>	Name(s):	
	Strengths:	
	Weaknesses:	
	My Effective Strategies:	
	My Ineffective Strategies:	
	Changes to Make:	
<b>Physical</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	

## Racquetball Competition Log Worksheet

<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Mental Skills</b>	Focus & Concentration:	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	
	Mental Toughness:	
<b>Score &amp; Overall Evaluation</b>		

## Racquetball Competition Log Worksheet

<b>Tournament Information</b>	Tournament Name:	
	Location:	
	Date:	
	Time:	
	Division/Round:	
	Doubles Partner:	
<b>Opponent(s)</b>	Name(s):	
	Strengths:	
	Weaknesses:	
	My Effective Strategies:	
	My Ineffective Strategies:	
	Changes to Make:	
<b>Physical</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	

## Racquetball Competition Log Worksheet

<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Mental Skills</b>	Focus & Concentration:	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	
	Mental Toughness:	
<b>Score &amp; Overall Evaluation</b>		

## Racquetball Competition Log Worksheet

<b>Tournament Information</b>	Tournament Name:	
	Location:	
	Date:	
	Time:	
	Division/Round:	
	Doubles Partner:	
<b>Opponent(s)</b>	Name(s):	
	Strengths:	
	Weaknesses:	
	My Effective Strategies:	
	My Ineffective Strategies:	
	Changes to Make:	
<b>Physical</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	



## Racquetball Competition Log Worksheet

<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Mental Skills</b>	Focus & Concentration:	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	
	Mental Toughness:	
<b>Score &amp; Overall Evaluation</b>		

## Racquetball Competition Log Worksheet

<b>Tournament Information</b>	Tournament Name:	
	Location:	
	Date:	
	Time:	
	Division/Round:	
	Doubles Partner:	
<b>Opponent(s)</b>	Name(s):	
	Strengths:	
	Weaknesses:	
	My Effective Strategies:	
	My Ineffective Strategies:	
	Changes to Make:	
<b>Physical</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	

## Racquetball Competition Log Worksheet

<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Mental Skills</b>	Focus & Concentration:	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	
	Mental Toughness:	
<b>Score &amp; Overall Evaluation</b>		

## Racquetball Competition Log Worksheet

<b>Tournament Information</b>	Tournament Name:	
	Location:	
	Date:	
	Time:	
	Division/Round:	
	Doubles Partner:	
<b>Opponent(s)</b>	Name(s):	
	Strengths:	
	Weaknesses:	
	My Effective Strategies:	
	My Ineffective Strategies:	
	Changes to Make:	
<b>Physical</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	

## Racquetball Competition Log Worksheet

<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Mental Skills</b>	Focus & Concentration:	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	
	Mental Toughness:	
<b>Score &amp; Overall Evaluation</b>		

## Racquetball Competition Log Worksheet

<b>Tournament Information</b>	Tournament Name:	
	Location:	
	Date:	
	Time:	
	Division/Round:	
	Doubles Partner:	
<b>Opponent(s)</b>	Name(s):	
	Strengths:	
	Weaknesses:	
	My Effective Strategies:	
	My Ineffective Strategies:	
	Changes to Make:	
<b>Physical</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	

## Racquetball Competition Log Worksheet

<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Mental Skills</b>	Focus & Concentration:	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	
	Mental Toughness:	
<b>Score &amp; Overall Evaluation</b>		

## Racquetball Competition Log Worksheet

<b>Tournament Information</b>	Tournament Name:	
	Location:	
	Date:	
	Time:	
	Division/Round:	
	Doubles Partner:	
<b>Opponent(s)</b>	Name(s):	
	Strengths:	
	Weaknesses:	
	My Effective Strategies:	
	My Ineffective Strategies:	
	Changes to Make:	
<b>Physical</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	



## Racquetball Competition Log Worksheet

<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Mental Skills</b>	Focus & Concentration:	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	
	Mental Toughness:	
<b>Score &amp; Overall Evaluation</b>		

## Racquetball Competition Log Worksheet

<b>Tournament Information</b>	Tournament Name:	
	Location:	
	Date:	
	Time:	
	Division/Round:	
	Doubles Partner:	
<b>Opponent(s)</b>	Name(s):	
	Strengths:	
	Weaknesses:	
	My Effective Strategies:	
	My Ineffective Strategies:	
	Changes to Make:	
<b>Physical</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	

## Racquetball Competition Log Worksheet

<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Mental Skills</b>	Focus & Concentration:	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	
	Mental Toughness:	
<b>Score &amp; Overall Evaluation</b>		

## Racquetball Competition Log Worksheet

<b>Tournament Information</b>	Tournament Name:	
	Location:	
	Date:	
	Time:	
	Division/Round:	
	Doubles Partner:	
<b>Opponent(s)</b>	Name(s):	
	Strengths:	
	Weaknesses:	
	My Effective Strategies:	
	My Ineffective Strategies:	
	Changes to Make:	
<b>Physical</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	

## Racquetball Competition Log Worksheet

<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Mental Skills</b>	Focus & Concentration:	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	
	Mental Toughness:	
<b>Score &amp; Overall Evaluation</b>		

## Racquetball Competition Log Worksheet

<b>Tournament Information</b>	Tournament Name:	
	Location:	
	Date:	
	Time:	
	Division/Round:	
	Doubles Partner:	
<b>Opponent(s)</b>	Name(s):	
	Strengths:	
	Weaknesses:	
	My Effective Strategies:	
	My Ineffective Strategies:	
	Changes to Make:	
<b>Physical</b>	Diet:	
	Water:	
	Sleep:	
	Work/Rest Ratio:	

## Racquetball Competition Log Worksheet

<b>Techniques and Skills</b>	Drive Serves:	
	Lob Serves:	
	Ceiling Shots:	
	Pinches:	
	Kill Shots:	
	Footwork:	
	Relative Position:	
<b>Mental Skills</b>	Focus & Concentration:	
	Visualization:	
	Attitude:	
	Motivation:	
	Confidence:	
	Rituals:	
	Mental Toughness:	
<b>Score &amp; Overall Evaluation</b>		

# **Mental Toughness Inventories**



## Racquetball Mental Toughness Inventory

#	Questions	Score
1.	My eyes are controlled (eyes on ball during contact, focused between rallies.)	
2.	My shoulders are back, my head is up, and I project confidence.	
3.	I walk with high energy, on my toes, balanced and ready for action.	
4.	I end my rallies with a positive physical response such as positive self-talk, fist-pump, etc.	
5.	I feel relaxed and loose – I take deep breaths, my arms hang loosely at my sides, I deliberately relax before the next rally.	
6.	I think clearly before each rally begins, pausing and visualizing before I serve.	
7.	I perform well-defined rituals before I serve – I bounce the ball, check my position in the service box, check my receiver, etc.	
8.	I perform well-defined rituals before receiving service – I look at my strings to minimize distractions and increase my focus, I visualize my footwork and relative ball position, I sway as I balance on my toes.	
9.	I am calm and relaxed between rallies, and I respect the officials and my opponents at all times – I never argue with them, and keep my mind on my game.	
10.	I take a minimum of 3 seconds and a maximum of 10 seconds after the referee calls serve (both serving and receiving).	
11.	Total Score	

### Mental Toughness Inventory Scoring

Almost Always = 3  
 Sometimes = 2  
 Almost Never = 1

Mentally Tough = 24 - 30  
 Some Deficiencies = 21 - 24  
 Serious Deficiencies = Below 21

## Racquetball Mental Toughness Inventory

#	Questions	Score
1.	My eyes are controlled (eyes on ball during contact, focused between rallies.)	
2.	My shoulders are back, my head is up, and I project confidence.	
3.	I walk with high energy, on my toes, balanced and ready for action.	
4.	I end my rallies with a positive physical response such as positive self-talk, fist-pump, etc.	
5.	I feel relaxed and loose – I take deep breaths, my arms hang loosely at my sides, I deliberately relax before the next rally.	
6.	I think clearly before each rally begins, pausing and visualizing before I serve.	
7.	I perform well-defined rituals before I serve – I bounce the ball, check my position in the service box, check my receiver, etc.	
8.	I perform well-defined rituals before receiving service – I look at my strings to minimize distractions and increase my focus, I visualize my footwork and relative ball position, I sway as I balance on my toes.	
9.	I am calm and relaxed between rallies, and I respect the officials and my opponents at all times – I never argue with them, and keep my mind on my game.	
10.	I take a minimum of 3 seconds and a maximum of 10 seconds after the referee calls serve (both serving and receiving).	
11.	Total Score	

### Mental Toughness Inventory Scoring

Almost Always = 3  
 Sometimes = 2  
 Almost Never = 1

Mentally Tough = 24 - 30  
 Some Deficiencies = 21 - 24  
 Serious Deficiencies = Below 21

## Racquetball Mental Toughness Inventory

#	Questions	Score
1.	My eyes are controlled (eyes on ball during contact, focused between rallies.)	
2.	My shoulders are back, my head is up, and I project confidence.	
3.	I walk with high energy, on my toes, balanced and ready for action.	
4.	I end my rallies with a positive physical response such as positive self-talk, fist-pump, etc.	
5.	I feel relaxed and loose – I take deep breaths, my arms hang loosely at my sides, I deliberately relax before the next rally.	
6.	I think clearly before each rally begins, pausing and visualizing before I serve.	
7.	I perform well-defined rituals before I serve – I bounce the ball, check my position in the service box, check my receiver, etc.	
8.	I perform well-defined rituals before receiving service – I look at my strings to minimize distractions and increase my focus, I visualize my footwork and relative ball position, I sway as I balance on my toes.	
9.	I am calm and relaxed between rallies, and I respect the officials and my opponents at all times – I never argue with them, and keep my mind on my game.	
10.	I take a minimum of 3 seconds and a maximum of 10 seconds after the referee calls serve (both serving and receiving).	
11.	Total Score	

### Mental Toughness Inventory Scoring

Almost Always = 3  
 Sometimes = 2  
 Almost Never = 1

Mentally Tough = 24 - 30  
 Some Deficiencies = 21 - 24  
 Serious Deficiencies = Below 21

## Racquetball Mental Toughness Inventory

#	Questions	Score
1.	My eyes are controlled (eyes on ball during contact, focused between rallies.)	
2.	My shoulders are back, my head is up, and I project confidence.	
3.	I walk with high energy, on my toes, balanced and ready for action.	
4.	I end my rallies with a positive physical response such as positive self-talk, fist-pump, etc.	
5.	I feel relaxed and loose – I take deep breaths, my arms hang loosely at my sides, I deliberately relax before the next rally.	
6.	I think clearly before each rally begins, pausing and visualizing before I serve.	
7.	I perform well-defined rituals before I serve – I bounce the ball, check my position in the service box, check my receiver, etc.	
8.	I perform well-defined rituals before receiving service – I look at my strings to minimize distractions and increase my focus, I visualize my footwork and relative ball position, I sway as I balance on my toes.	
9.	I am calm and relaxed between rallies, and I respect the officials and my opponents at all times – I never argue with them, and keep my mind on my game.	
10.	I take a minimum of 3 seconds and a maximum of 10 seconds after the referee calls serve (both serving and receiving).	
11.	Total Score	

### Mental Toughness Inventory Scoring

Almost Always = 3  
 Sometimes = 2  
 Almost Never = 1

Mentally Tough = 24 - 30  
 Some Deficiencies = 21 - 24  
 Serious Deficiencies = Below 21

## Racquetball Mental Toughness Inventory

#	Questions	Score
1.	My eyes are controlled (eyes on ball during contact, focused between rallies.)	
2.	My shoulders are back, my head is up, and I project confidence.	
3.	I walk with high energy, on my toes, balanced and ready for action.	
4.	I end my rallies with a positive physical response such as positive self-talk, fist-pump, etc.	
5.	I feel relaxed and loose – I take deep breaths, my arms hang loosely at my sides, I deliberately relax before the next rally.	
6.	I think clearly before each rally begins, pausing and visualizing before I serve.	
7.	I perform well-defined rituals before I serve – I bounce the ball, check my position in the service box, check my receiver, etc.	
8.	I perform well-defined rituals before receiving service – I look at my strings to minimize distractions and increase my focus, I visualize my footwork and relative ball position, I sway as I balance on my toes.	
9.	I am calm and relaxed between rallies, and I respect the officials and my opponents at all times – I never argue with them, and keep my mind on my game.	
10.	I take a minimum of 3 seconds and a maximum of 10 seconds after the referee calls serve (both serving and receiving).	
11.	Total Score	

### Mental Toughness Inventory Scoring

Almost Always = 3  
 Sometimes = 2  
 Almost Never = 1

Mentally Tough = 24 - 30  
 Some Deficiencies = 21 - 24  
 Serious Deficiencies = Below 21

## Racquetball Mental Toughness Inventory

#	Questions	Score
1.	My eyes are controlled (eyes on ball during contact, focused between rallies.)	
2.	My shoulders are back, my head is up, and I project confidence.	
3.	I walk with high energy, on my toes, balanced and ready for action.	
4.	I end my rallies with a positive physical response such as positive self-talk, fist-pump, etc.	
5.	I feel relaxed and loose – I take deep breaths, my arms hang loosely at my sides, I deliberately relax before the next rally.	
6.	I think clearly before each rally begins, pausing and visualizing before I serve.	
7.	I perform well-defined rituals before I serve – I bounce the ball, check my position in the service box, check my receiver, etc.	
8.	I perform well-defined rituals before receiving service – I look at my strings to minimize distractions and increase my focus, I visualize my footwork and relative ball position, I sway as I balance on my toes.	
9.	I am calm and relaxed between rallies, and I respect the officials and my opponents at all times – I never argue with them, and keep my mind on my game.	
10.	I take a minimum of 3 seconds and a maximum of 10 seconds after the referee calls serve (both serving and receiving).	
11.	Total Score	

### Mental Toughness Inventory Scoring

Almost Always = 3  
 Sometimes = 2  
 Almost Never = 1

Mentally Tough = 24 - 30  
 Some Deficiencies = 21 - 24  
 Serious Deficiencies = Below 21

## Racquetball Mental Toughness Inventory

#	Questions	Score
1.	My eyes are controlled (eyes on ball during contact, focused between rallies.)	
2.	My shoulders are back, my head is up, and I project confidence.	
3.	I walk with high energy, on my toes, balanced and ready for action.	
4.	I end my rallies with a positive physical response such as positive self-talk, fist-pump, etc.	
5.	I feel relaxed and loose – I take deep breaths, my arms hang loosely at my sides, I deliberately relax before the next rally.	
6.	I think clearly before each rally begins, pausing and visualizing before I serve.	
7.	I perform well-defined rituals before I serve – I bounce the ball, check my position in the service box, check my receiver, etc.	
8.	I perform well-defined rituals before receiving service – I look at my strings to minimize distractions and increase my focus, I visualize my footwork and relative ball position, I sway as I balance on my toes.	
9.	I am calm and relaxed between rallies, and I respect the officials and my opponents at all times – I never argue with them, and keep my mind on my game.	
10.	I take a minimum of 3 seconds and a maximum of 10 seconds after the referee calls serve (both serving and receiving).	
11.	Total Score	

### Mental Toughness Inventory Scoring

Almost Always = 3  
 Sometimes = 2  
 Almost Never = 1

Mentally Tough = 24 - 30  
 Some Deficiencies = 21 - 24  
 Serious Deficiencies = Below 21

## Racquetball Mental Toughness Inventory

#	Questions	Score
1.	My eyes are controlled (eyes on ball during contact, focused between rallies.)	
2.	My shoulders are back, my head is up, and I project confidence.	
3.	I walk with high energy, on my toes, balanced and ready for action.	
4.	I end my rallies with a positive physical response such as positive self-talk, fist-pump, etc.	
5.	I feel relaxed and loose – I take deep breaths, my arms hang loosely at my sides, I deliberately relax before the next rally.	
6.	I think clearly before each rally begins, pausing and visualizing before I serve.	
7.	I perform well-defined rituals before I serve – I bounce the ball, check my position in the service box, check my receiver, etc.	
8.	I perform well-defined rituals before receiving service – I look at my strings to minimize distractions and increase my focus, I visualize my footwork and relative ball position, I sway as I balance on my toes.	
9.	I am calm and relaxed between rallies, and I respect the officials and my opponents at all times – I never argue with them, and keep my mind on my game.	
10.	I take a minimum of 3 seconds and a maximum of 10 seconds after the referee calls serve (both serving and receiving).	
11.	Total Score	

### Mental Toughness Inventory Scoring

Almost Always = 3  
 Sometimes = 2  
 Almost Never = 1

Mentally Tough = 24 - 30  
 Some Deficiencies = 21 - 24  
 Serious Deficiencies = Below 21



## Racquetball Mental Toughness Inventory

#	Questions	Score
1.	My eyes are controlled (eyes on ball during contact, focused between rallies.)	
2.	My shoulders are back, my head is up, and I project confidence.	
3.	I walk with high energy, on my toes, balanced and ready for action.	
4.	I end my rallies with a positive physical response such as positive self-talk, fist-pump, etc.	
5.	I feel relaxed and loose – I take deep breaths, my arms hang loosely at my sides, I deliberately relax before the next rally.	
6.	I think clearly before each rally begins, pausing and visualizing before I serve.	
7.	I perform well-defined rituals before I serve – I bounce the ball, check my position in the service box, check my receiver, etc.	
8.	I perform well-defined rituals before receiving service – I look at my strings to minimize distractions and increase my focus, I visualize my footwork and relative ball position, I sway as I balance on my toes.	
9.	I am calm and relaxed between rallies, and I respect the officials and my opponents at all times – I never argue with them, and keep my mind on my game.	
10.	I take a minimum of 3 seconds and a maximum of 10 seconds after the referee calls serve (both serving and receiving).	
11.	Total Score	

### Mental Toughness Inventory Scoring

Almost Always = 3  
 Sometimes = 2  
 Almost Never = 1

Mentally Tough = 24 - 30  
 Some Deficiencies = 21 - 24  
 Serious Deficiencies = Below 21

## Racquetball Mental Toughness Inventory

#	Questions	Score
1.	My eyes are controlled (eyes on ball during contact, focused between rallies.)	
2.	My shoulders are back, my head is up, and I project confidence.	
3.	I walk with high energy, on my toes, balanced and ready for action.	
4.	I end my rallies with a positive physical response such as positive self-talk, fist-pump, etc.	
5.	I feel relaxed and loose – I take deep breaths, my arms hang loosely at my sides, I deliberately relax before the next rally.	
6.	I think clearly before each rally begins, pausing and visualizing before I serve.	
7.	I perform well-defined rituals before I serve – I bounce the ball, check my position in the service box, check my receiver, etc.	
8.	I perform well-defined rituals before receiving service – I look at my strings to minimize distractions and increase my focus, I visualize my footwork and relative ball position, I sway as I balance on my toes.	
9.	I am calm and relaxed between rallies, and I respect the officials and my opponents at all times – I never argue with them, and keep my mind on my game.	
10.	I take a minimum of 3 seconds and a maximum of 10 seconds after the referee calls serve (both serving and receiving).	
11.	Total Score	

### Mental Toughness Inventory Scoring

Almost Always = 3  
 Sometimes = 2  
 Almost Never = 1

Mentally Tough = 24 - 30  
 Some Deficiencies = 21 - 24  
 Serious Deficiencies = Below 21

# **Additional Notes**

Notes


## Notes


Notes


## Notes


Notes




## Notes


Notes


## Notes


Notes


## Notes


# References

1. United States Racquetball Association. (2002). *Learn Your Lessons 3*. Colorado Springs, Colorado: United States Racquetball Association. This training program includes a workbook, a DVD, and a CD. You can order it from their website: [www.usra.org](http://www.usra.org).
2. Zafutto, Anthony. A. (1976). *Alphagenics: Using Your Brain Waves to Improve Your Life*. New York: Warner Books, p. 63. The Brain Wave State Diagram was adapted from the work done by Dr. Anthony Zafutto. It is a simplification of the brain wave patterns emitted by human beings during various phases of their day. In reality, all 4 brain wave patterns are always present, but the simplified depiction offered by the table is useful for training oneself to become aware of various shifts in state.
3. Samuels, Mike, M.D., and Samuels, Nancy. (1975). *Seeing With The Mind's Eye: The History, Techniques and Uses of Visualization*. New York: Random House, p. 120-133.