



Forty- Love: The role psychology, motivation and attitude play in being a consistent

Lou Vickery

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FORTY-LOVE is a rare gem of a sports book. It focuses on the role that psychology, motivation and attitude play in being a winner at the game of tennis. Author Lou Vickery relies on his experience as a professional athlete, coach and avid tennis player to provide straightforward, honest and practical answers that are in step with the “mental” realities of tennis. The reader will find a different message on each page in FORTY-LOVE. These messages run the gamut from basic attitudes through motivational factors to the psychology behind winning. The words found in Forty-Love will instruct... inform... inspire a player at any level of tennis to reach beyond their grasp and snag onto to something better. FORTY-LOVE truly demonstrates why sports in general, and tennis in particular, matter. Tennis offers the chance to learn real life lessons – for at the one is the beginning of the other. Here are some of the real nuggets to be found in FORTY-LOVE.

ATTITUDE: “The only thing you can really control on the tennis court – or in life for that matter -- is your own mental attitude. So to change anything about your game... first you must change your mental attitude.”

BELIEF: “When you begin to believe that you can be the thriving tennis player your vision tells you can become, that is when you move forward and take the steps to perform in such a way that you have only dreamed of performing.”

ABILITY: “Having a positive attitude about your own ability is an absolute necessity to being a quality tennis player. Out of all the possibilities available to you in any match situation, you are going to select that which is consistent with the kind of performer you see yourself being. With little exception you will perform exactly the way you believe you can.”

GOAL: “Your number one goal is to always work harder on improving your own game than on anything else that you do on the court. To that end, set the kind of goals that will make you a very distinctive player.”

PRACTICE: “It is not practicing the things that you like to practice that will make you successful at tennis... it is practicing the things you have to practice to be successful at tennis.”

PRACTICE TIME: “A lot of players spend time thinking about practicing better in the future... never realizing a little of the future arrives every practice session.”

KNOWLEDGE: “The more you know, the more you realize there is to know. Just keep-in- mind: some of the best things you learn will be learned after you believe you have learned everything you think you need to know about playing tennis.”

CHALLENGE BEFORE YOU: “You know what you have done. You know how far you have come. But you don't know what you can do. You don't know how far you can go. The challenge before you every day you are on the court is to keep learning and getting better as if the limit to how good you can play does not exist.”

HEART: “The strongest muscle in sports is a player’s heart muscle. If everything else – ability, skills, coaching, etc. -- is about equal, the biggest difference between winning or losing in any competitive tennis match is about a foot which is roughly the difference from the head to the heart. Attitude and heart will always outplay talent and ability.”

INSIGHT: “Look at yourself as the player you can become, not at the player you are... for if you habitually think about the player you are, you will remain as you are. But when you consistently think about the player you can become, that’s the direction your practice and playing efforts will take you.”

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