

Road to Wimbledon Finalists' Clinic with Tim Henman at Wimbledon SW19

Tim spent time on court with the players putting them through their paces and getting them doing lots of fun tennis drills. The weather was glorious which was a relief given how it had been earlier in the week.

Tim spoke to all the players and parents and here's a taste of what he had to say. It was simple and honest and quite inspiring.

The theme of Tim's message was always give 100%. You're either in or you're not, and there's no middle ground. That's not just for tennis, that's for schoolwork, revision and exams. It applies to training as well as squads and individual lessons. He said what some may think is exceptional training is actually normal for elite athletes and should also be considered as such for those aspiring to be elite players and athletes.

He spoke of being respectful to each other about all else, when competing and training. To be your best self and try your hardest. To be kind and have fun whilst working hard. This can be applied to all aspects of our lives. That's what makes someone successful, not just the wins and losses. He spoke about not being aggressive towards others, parents and players alike.

He then went on to speak about completion and confidence. He said confidence was the sum of your thoughts. If those are positive, they'll help you have confidence in what you're doing, if they're negative, they'll impact accordingly and will hinder your progress and learning. He recommended players collect lots of positive thoughts about themselves and their game before they go out to compete. He also spoke about pressure. He said pressure is self inflicted. He suggested controlling the things that you can like preparation and effort. Focus on the process rather than the outcome, even though at times that's hard to do, we must make ourselves do it. It's much better to think about your strategy and process than the result, which you can't control. He also spoke about what is success, and it was very interesting to hear him say success is about maximising your potential and you do that by giving 100% of yourself whatever you do, homework, revision and tennis etc.

He went on to say there's only one winner in each tournament. That doesn't mean the rest are failures or losers however.

Tim Henman kept a training diary from 16-33 years where he logged his training, diet and progress in matches.

He said players should try and maximise the opportunities they have and they'll do well in all aspects of their lives as well as in the gym and on the tennis court.

He reminded players that footwork, early preparation and concentration are the keys to doing well in tennis matches. He told the players to have a lovely time with their tennis and enjoy the journey. It's a privileged road they're on.