

HOW TO HELP YOUR CHILD IN COMPETITIVE TENNIS



1. Before the match, reinforce the importance of fair play, working hard and focusing on what your child has been working on in training
2. During the match, support both players and display role model behaviours and responses to events which happen on court
3. After the match, once the emotions have subsided, encourage your child to reflect and learn something from their experience to help them improve and develop their game

FOR MORE INFORMATION GO TO:

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