

# Creating a Black Book on Opponents

Every professional sports coach keeps a journal or notebook on the tendencies of their team's opponents. If you really enjoy winning, then so should you!

During the last 10 years of my career, keeping a log of each match I played was one practice I felt gave me an edge over the competition. Although it was sometimes a hassle (especially after losing) to keep current, it was an invaluable resource to review prior to any match. It is funny how many top players don't take the time to jot down some simple notes as to what worked and what didn't in the match they just played!

Being somewhat of a gadget lover, I used my electronic organizer to keep tactical and historical notes on all the top US and international players I faced. I have duplicated my personal Black Book's template for the second journal section in your personal book of improvement.

Most astute coaches keep logs for their students, but if you don't have a coach, then it is up to you. Nobody said winning was easy, just fun! If you don't play many tournaments, you might want to update your journal after nightly practice matches. I found that if I diligently took notes directly after a match they were much more accurate and of course, more likely to get done.

Opponent's Black Book	
Player's Name:	Rating:
Style:	Equipment:
Win/Loss Record :	
Previous Results:	
Serves:	
Serve Return:	
Strengths:	
Weaknesses:	
Game Plan:	