

TO CONTROL OR NOT TO CONTROL

“Luck has nothing to do with it, because I have spent many, many hours, countless hours, on the court working for my one moment in time, not knowing when it would come”

Serena Williams



Think about the following questions as they relate to your performances from the past. Try to consider lots of angles here, for instance from before, during and after your rounds. Think about individual shots as well as the bigger picture. Think about tournaments, but also practice time. There are so many situations in sport that bring forward decisions we need to make, and the masterful athlete is one who is able to use controllable factors in their decision making. Please fill out this “quiz” as a starting point for the practice of classifying items into columns of controllability.