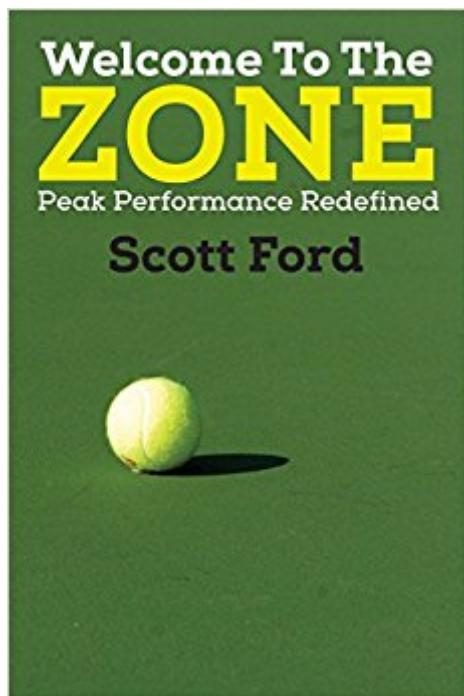


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# Welcome To The Zone: Peak Performance Redefined



## Synopsis

The "Zone" is considered by players and coaches alike to be the Holy Grail of tennis performance, but it is also the game's most mysterious and elusive experience, thought to occur only by chance and never by choice. Until now, Scott Ford's Welcome to the Zone is a step-by-step process that shows you exactly how to play tennis in the zone, by choice, not chance. Welcome to the Zone redefines the ultimate tennis experience in a way that both beginners and professionals can understand. It not only explores the subject of the zone, it also gives you an elegantly simple process for shifting out of your normal performance state and into your peak performance state. It's called the Parallel Mode Process. After a brief introduction, Welcome to the Zone is divided into three sections: Phase I: Getting In the Zone. Phase II: Maintaining the Zone. Phase III: Competing in the Zone. Each chapter introduces you to a new "Step" in the Parallel Mode Process, and each of these Steps takes you deeper into the experience of the zone. At the end of each chapter specific on-court drills are outlined with easy-to-understand instructions and feedback pages designed to measure your progress. The Steps in Phase I show you how to enter the zone using a simple concentrative task that shifts you out of a Serial Mode of operation and into a Parallel Mode of operation, and when you shift into this highly efficient mode of parallel operation, you simultaneously shift into your peak performance state. It happens immediately, and you don't have to be a skilled tennis player to make the shift into a Parallel Mode. You just have to be willing to try something radically different. Remember, this is not a book about playing tennis "in the norm." Rather, it's a book about playing tennis "in the zone," and to get into the zone, you have to do something very different from the norm. You have to change the way you focus your eyes on the court. Briefly, you have to stop focusing on the ball and start focusing on your contact zone.

## Book Information

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## Customer Reviews

mental training with improving eye movement!!ByÃ Takeshi ShigaÃ on December 20, 2013Format: Kindle EditionÃ Verified Purchasei had trouble with maximising performance at tennis match. All these years of learning mental training methodology did not really work on me. i happened to find DVD version of this on the net a couple years ago, and made an order immediately from Japan. This technique really worked on me. it was amazing to find out the secret lies on eye movement which also improveÃ

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Excellent book as far as it goes,Unfortunately the author buys into the unproven theory that a human consists of body-mind and spirit.In fact a human is a mandella of pure energy --electro magnetic which is the only form of energy in the cosmos except in the human body it is chemico -electro - magnetic energy. We are not body-mind and spirit.The mind is a myth no one has ever seen one or detected one and is more akin to RAM as is used in our computers where the CPU is akin to the human brain.He is however correct in assuming there is a spiritual aspect to tennis as it is a game played by humans--pure spirit in nature.While he correctly assumes that losing one's ego allows you to become aware of the spiritual aspect of the game, actual connection to the higher,universal consciousness is only partially achieved while in the ZONE. It cannot no be achieved totally without also supressing our superego as well..The process is as simple as getting in the ZONE. It's called --self realization and the simple methodology can be found in SAHAJA YOGA.The book was well worth the price but as they say "close but no cigar".

i had trouble with maximising performance at tennis match. All these years of learning mental training methodology did not really work on me. i happened to find DVD version of this on the net a couple years ago, and made an order immediately from Japan. This technique really worked on me. it was amazing to find out the secret lies on eye movement which also improve psychological factors on game.

The instructions are easy to follow. They makes sense. I am able to play much more consistence

tennis while maintaining my aggressive style.

Review of Welcome to the Zone: Peak Performance Re-defined, new book by Scott Ford, 2014 I thoroughly enjoyed this new book and found Scott Ford's thoughtful and (interestingly) "linear" description of how to get "non-linear" on the tennis court. I found it very readable and filled with useful drills that reinforce how to make "something" (improved, and perhaps peak performance) out of "no-thing". It is a book of substantial practical value in moving from the norm (the proverbial path of least resistance of "watch the ball, hit the ball") to the zone (fix your focus on your contact zone, allow the ball to come into focus, and don't let the ball get past your optimum contact point). Then do your own self-assessment using simple feedback techniques that are immediate. Scott clearly articulates the numerous reasons why this is both effective and efficient, and why it sometimes doesn't work, largely because the individual player "flashes out" (i.e. loses focus). His proven approach to fixing focus on your contact zone as the visual gateway to enhancing performance works for players of all ages and levels of talent. And when things work, performance is enhanced, players win more often, and so do teams. And while Scott's "adversary" is always yourself, don't you really want to beat your old nemesis on the court as a nifty by-product of playing at a peak performance level? Over 30 years ago, Scott literally discovered a visual phenomenon no other tennis professional had even thought about. Most tennis pros and coaches still don't. He wrote about it in his first book, entitled Design B: How to Play Tennis in the Zone, and I found it very intriguing. Most of us in life don't make break-through discoveries. Scott did. This current book is a substantial improvement over his initial attempt to describing "how to play tennis at a peak performance level, utilizing that same visual discovery, now well-documented scientifically. It's a great read, and if you want to improve your game, both on the court and off, buy a copy. If you're a tennis coach and want your players and team to improve, make a modest investment in this publication and open yourself and your team to a whole new world. It's right there in front of you an arms-length away, waiting for you to create it. And it's a lot less expensive than a new ball machine, buying a new and improved racquet, or re-stringing your old one, none of which will do much for your game. Or the players you coach. I played a great deal of tennis as a kid, through high school, and in college. And I've continued to enjoy the game. I wish someone would have introduced me to

this approach when I was learning to play. My tennis career would have been more interesting, and I would have learned a great deal more about myself along the way. I certainly would have had a better chance of beaten my old nemesis, my younger brother, Scott Ford, thus becoming "house champ." But for now, and for all time, he rules because of his intellectual gift of discovery, writing, and teaching, coupled with a wicked serve, great forehand, and pretty good backhand, most of which he consistently hits at his optimum contact point. He is in the zone. I am still in the norm. The last time I beat him was during the Eisenhower administration when he still played in the "norm." Then he discovered how to get into the zone "at will" and play at peak performance levels. Game, set, and match to Scott. And to those of you who are willing to challenge yourself to read, re-think, and create a totally new tennis environment that you control, I hope you enjoy both the book and your new journey. Game, set, and match to you. Michael Ford, Ph.D.

I highly recommend reading this book because it may change the way you think about playing and/or teaching tennis. I really enjoyed reading Scott Ford's book on a different approach to playing and teaching tennis. Instead of watching the ball move at all times, Scott teaches to focus on your contact zone and contact point. He teaches to visualize a window in front of you as your contact zone and visualize your contact point. When tennis players miss shots often times it is because their contact point was behind them instead of in front of their body. You will see them correct their swing after the point, but it was the timing of their swing that they need to fix. If they are early to the ball with their contact, they will make positive contact with the ball and it will travel in the direction they are intending. It is easy to get caught up focusing too much on the other side of the net when you really need to be focusing on your side more. I really identified with the following themes of the book: specific visualization, focusing on execution vs. results, contact point vs. target, being willing to change and grow, deliberate mental practice, and being absorbed in the process. I highly recommend this book because what you do on your side of the net determines where the ball travels. When you mentally and physically commit to the execution, the result is a by-product of this. Enjoy the learning, Chad Stoloff Mental Conditioning Coach A Disciplined Mind[...]

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