

# Rafael Nadal

## Quotes

*Player, Tennis, Winning, Thinking, Sports, Important, Play, Healthy, Believe, Trying, Motivation, Games, Fighting, Golf, Clay, Two, People, Soccer, Home, Boys*

The glory is being happy. The glory is not winning here or winning there. The glory is enjoying practicing, enjoy every day, enjoying to work hard, trying to be a better player than before.

~Rafael Nadal

Losing is not my enemy..fear of losing is my enemy.

~Rafael Nadal

The only way of finding a solution is to fight back, to move, to run, and to control that pressure.

~Rafael Nadal

If somebody says I am better than Roger, I think this person doesn't know anything about tennis.

~Rafael Nadal

I play each point like my life depends on it.

~Rafael Nadal

I learned during all my career to enjoy suffering.

~Rafael Nadal

You have to accept both losing and winning well. I've stayed calm when I'm winning and I've stayed calm when I've lost.

~Rafael Nadal

I always had the theory that the most important thing is be happy, enjoy what are you doing, and be fresh mentally.

~Rafael Nadal

Anyone could become a star, but everyone must be a human being.

~Rafael Nadal

I always work with a goal - and the goal is to improve as a player and a

person. That, finally, is the most important thing of all.

~Rafael Nadal

I appreciate a lot in this life; the things you cannot buy. Life is only once. I am happy being here and all the things that are a risk I normally avoid.

~Rafael Nadal

I am decidedly unfriendly during a golf game, from the first hole to the last.

~Rafael Nadal

I always wanted to be honest with myself and to those who have had faith in me.

~Rafael Nadal

Playing well or playing bad, I have to play aggressive. I must play aggressive.

~Rafael Nadal

I am not a person who I am thinking about what I achieved or what I don't achieve. I am a person who try to enjoy the moment. That's what I do.

~Rafael Nadal

It is important to recognize the small successes.

~Rafael Nadal

My goal is to improve my game, stay healthy and be competitive. If I have that, I know I can be able to win tournaments, which in the end is what it counts.

~Rafael Nadal

It is the small steps which bring you satisfaction at the end of the day.

~Rafael Nadal

If you want to belong to the best, you need good technique and, perhaps even more importantly, a good eye. If you see the ball sooner, you have more time to think about how and where to return it.

~Rafael Nadal

However great your dedication, you never win anything on your own

~Rafael Nadal

It's important for the young players to practice other ball games as well, basketball or table tennis. On the tennis court, you can improve your eye through a kind of overexertion.

~Rafael Nadal

As a tennis player you can win and you can lose, and you have to be ready for both. I practised self-control as a kid. But as you get older they both - winning and losing - get easier.

~Rafael Nadal

I would love to learn other languages, maybe French? My uncle speaks German so maybe also German? Chinese seems to be too difficult.

~Rafael Nadal

I have no sense of humor about losing

~Rafael Nadal

Even if I have already peaked, I have to believe I can improve. I wake up every morning, and go to practice, with the illusion that I'm going to get better that day.

~Rafael Nadal

When you get older, if you are healthy, is not a problem. If you don't have the health, then you go home.

~Rafael Nadal

I doubt about myself. I think doubts are good in life. The people who don't have doubts I think only two things-arrogance or not intelligence.

~Rafael Nadal

What distinguishes tennis is respect for one's opponent, one's conduct on the court.

~Rafael Nadal

My motivation is tomorrow, just one day at a time, right?

~Rafael Nadal

He's a fantastic player and he's going to be around so much longer so I'm happy with every one I get before he takes them all

~Rafael Nadal

Tennis is beautiful when you can see tactics, when players don't just react but are able to act and think.

~Rafael Nadal

I will work day after day like I did my whole life ... I'm not going to change anything.

~Rafael Nadal

I only ever run when there's some point to it - say, if it's in a game of tennis.

~Rafael Nadal

I love the beach. I love the sea. All my life I live within - in front of the sea.

~Rafael Nadal

It's not the time to look for excuses.

~Rafael Nadal

There are many moments during a match when you are tense, wrestling with yourself. Tennis is a lesson in self-control.

~Rafael Nadal

I have always tried to avoid regrets. Could I have done differently some things in my career? Maybe.

~Rafael Nadal

Hard courts are very negative for the body. I know the sport is a business and creating these courts is easier than clay or grass, but I am 100 per cent sure it is wrong.

~Rafael Nadal

For me, it is important to win titles and for that I need to work hard, stay healthy and be able to compete. The rest, I always say, it comes.

~Rafael Nadal

My serve can get better, for sure. It's not just about serving bombs, but positioning, variation in speed, in spin.

~Rafael Nadal

Most important thing, I am not a player who win the serves because I serve aces or free points, no. When I winning a lot of serves is because I am playing well from the baseline. That's why.

~Rafael Nadal

We should try to teach the young people values that are useful to them whether they become professional athletes or not.

~Rafael Nadal

I don't have any idols, any heroes, nothing, no.

~Rafael Nadal

I play because I have fun, if I don't have fun on the court, there is something wrong. I am just a 19 year old boy that likes to do what he likes, nothing else.

~Rafael Nadal

I take pleasure in tennis and the hope that it requires.

~Rafael Nadal

I have lived my whole life with high intensity.

~Rafael Nadal

I became a player who goes to a lot of effort while training, who can rely on his will and his mental strengths.

~Rafael Nadal

Don't think about being the number one in the world, try instead to get through today's program as well as you can. Then we will see whether one day you'll end up as number one or number 100.

~Rafael Nadal

If you are playing bad you are going to lose here, on clay, on ice, or on the beach.

~Rafael Nadal

That's painful always to lose.

~Rafael Nadal

Since I was a kid, I've wanted to do sports for a living. In the beginning, I played a lot of soccer, but in the end I chose tennis. I love sports in general ... But tennis is my passion.

~Rafael Nadal

My tennis is aggressive, though I wouldn't say that it's more physical than technical. I rely more on technique than physique, but being

physical is always a help to me.

~Rafael Nadal

I am No. 8 in the world. I am not No. 100.

~Rafael Nadal

A lot of times I had some problems, but I always had the passion and the personal motivation to keep going, to keep working hard, keep fighting for the things that really motivates me. That's all.

~Rafael Nadal

I'd rather lose an argument than get into a long discussion in order to win it.

~Rafael Nadal

The young athletes are supposed to mature, to improve their personality.

~Rafael Nadal

I don't think about how going to be the match. I think about try to do the right things to win. I don't think about how easy can say or how tough can say. I go on court. I try my best.

~Rafael Nadal

I will do as I usually do. Tomorrow is going to be a day like any other day.

~Rafael Nadal

I am going to fight for important things.

~Rafael Nadal

It's the same old story, all you think about is money.

~Rafael Nadal



Tennis is a hard sport. There is a lot of competition all year and you play alone.

~Rafael Nadal

I think is about confidence. Is about doing the right things. Is about being healthy. Is not about if I want to work or if I don't want to work. Is about if I can work or if I can't work.

~Rafael Nadal

I am satisfied the way that I am playing. Is obvious that there is always things to improve.

~Rafael Nadal

I just try to win the match by fighting for every point, and running down every ball.

~Rafael Nadal

My uncle developed the training philosophy. His idea of good tennis training is basically quite simple: you must try to gain time.

~Rafael Nadal

It's hard to say, 'I don't believe in God.' I would love to know if God exists. But it's a very difficult thing for me to believe.

~Rafael Nadal

I tried to find a solution to the problem that I had, tried to find a way to start playing better.

~Rafael Nadal

I don't expect never an easy match. I always expect difficult matches.

~Rafael Nadal

What happened happened. Important thing is what can come.

~Rafael Nadal

I have no interest in becoming a tax exile and living somewhere I don't want to - I just want to be at home with my family.

~Rafael Nadal

I'm only superstitious on the tennis court.

~Rafael Nadal

If I am not playing at one hundred percent, it is going to be very difficult for me to win.

~Rafael Nadal

I have the same bedroom I've always had. It's clean and tidy when I get home, and after two or three days it gets messy and my mother nags me.

~Rafael Nadal

I do notice that I am tired.

~Rafael Nadal

I live where I would like to live. I live in Majorca, Spain, and I am not sure there are better places.

~Rafael Nadal

I normally listen to Spanish music - well, Latin music. I like a lot of singers...

~Rafael Nadal

I'll never have a tattoo - I just don't like them, and when you're old they can look a disaster. As for piercings, I don't like them on men.

~Rafael Nadal

I played almost four hours today, ... Im very, very tired.

~Rafael Nadal

You just try to play tough and focus point for point. Sounds so boring, but it's the right thing to do out there.

~Rafael Nadal

I am a guy who likes to do what I am doing with passion, whether it's a soccer match with friends or golf.

~Rafael Nadal

Is always the motivation to play better and better. But I think we are in a very good way to keep winning matches. That's most important thing for me.

~Rafael Nadal

I like fishing. Not actual fishing - I like the peace and quiet of being at sea. It's different.

~Rafael Nadal

I love the crowds in Miami. I feel that is one of the tournaments where I get more support. That helps me a lot.

~Rafael Nadal

I think I am a complete player. I can play well on all the surfaces. For me, the clay might be easiest, but I am not a specialist on clay.

~Rafael Nadal

I am not the most courageous guy in the world outside of the court.

~Rafael Nadal

I feel that love. I feel that energy. I always felt that energy when I'm playing in New York.

~Rafael Nadal

I'm delighted and feel incredibly happy with what have been an amazing two months.

~Rafael Nadal

I just wanted to see how the shorts felt again.

~Rafael Nadal

I dont have good luck in the match points.

~Rafael Nadal

Always I believe that I can play better. But I am happy.

~Rafael Nadal

I'm delighted with the way I'm playing at the moment

~Rafael Nadal

Everyone is entitled to have their own opinions.

~Rafael Nadal

It's more a tennis problem than a mental problem. The transition is difficult. It depends how much time you have. Playing on grass can sometimes be a bit of a lottery.

~Rafael Nadal

In tennis, because of the way it's scored, I don't think that scoring one point out of luck is ever decisive in winning. But, of course, it depends on the moment.

~Rafael Nadal

The thing, when you're down two sets to love, is to stay calm, even though it's hard, because people are freaking out, people are worried for you.

~Rafael Nadal

New York is a special place; it's a city that I love.

~Rafael Nadal

Last four months were great for me, was probably one of the best four months of my career, playing unbelievable in the clay court season.

~Rafael Nadal

I like a lot of sports. Especially football - it's my favourite sport. My uncle played football in Barcelona for nine years and played for Spain in three World Cups.

~Rafael Nadal

I'm always searching for new music, and I change what I listen to on a regular basis.

~Rafael Nadal

We'll try and be very aggressive, we'll try and speed up and change gears, and we'll see who's going to win.

~Rafael Nadal

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