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## Jack Draper Says Breathing Exercises Have Transformed His Game

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British tennis star Jack Draper is heading into Wimbledon with renewed confidence in his skills, health, and mindset. At 23 years old and currently ranked fourth in the Association of Tennis Professionals (ATP) rankings, Draper has already caught the attention of legends like John McEnroe, who praised him as a “great player.” But behind his rising success is a surprising change that’s made a major difference: breathing exercises.

In the past, Draper struggled with both physical injuries and mental pressure. He also dealt with sinus problems growing up, which made it difficult to breathe efficiently. “When you are anxious or have long points and you have to recover quickly, it’s not efficient to breathe

through your mouth,” Draper said in an interview. This issue pushed him to explore better ways to manage his physical and mental performance.

Earlier this year, Draper started working with breathing coach Ann Coxhead, whose experience spans sports, music, and the performance industries. Coxhead specializes in helping people restore balance to the autonomic nervous system using a clinical, whole-body approach. She has worked with athletes, opera singers, and even pop star Becky Hill, who credited Coxhead as a “vital part” of her career.

Draper describes the work he’s done with Coxhead as “invaluable.” He’s learning to breathe more through his nose and to keep his upper body relaxed, something that’s especially important in a high-pressure sport like tennis. “If you’re tense the whole time, you’re not going to last too long,” Draper explained. This focus on breathing has helped improve his physical condition and general well-being on court.

The young player, who grew up in Surrey, hopes to show his best tennis at Wimbledon. He’ll face Argentine player Sebastián Báez in the first round and feels ready for the challenge. Draper said he still sees himself as a work in progress, but he’s confident that his new approach will continue to pay off.

Draper also spoke about the impact of Sir Andy Murray, who retired last year. “When Andy retired, they said I was the next in line,” he told the BBC. While he admits those are big shoes to fill, Draper is determined to make his mark. “I’m confident in myself that hopefully I can inspire people like Andy has done,” he said.

With his game evolving and a new sense of balance on and off the court, Jack Draper is stepping into Wimbledon not just as a top player but as a stronger version of himself.