

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

TRUST UNDER PRESSURE



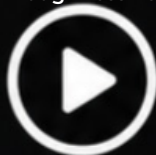
— **Coach Rei**
Director of Mental Strength & Performance

“ A MESSAGE FROM COACH REI

*When pressure rises, trust your training—
not your fears.*



Novak Djokovic's BIGGEST
Mental Toughness Lesson



LEARN MORE



*Mental strength is a journey, not a
destination. It's forged each Monday,
week after week. Let's begin.*

MENTAL STRENGTH EXERCISE

NO-ADJUSTMENT CHALLENGE

During one practice match:

- No technical corrections between points.
- No changing your mechanics.
- No overthinking your strokes.

Instead:

1. Commit fully.
2. Trust your training.
3. Compete freely.

After practice, reflect:

- How often did I want to "fix" my technique?
- How often did I trust my preparation instead?

Goal:

Build confidence by trusting your training when the pressure rises, rather than making technical adjustments in the moment.

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