

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Finishing Strong

"Anyone can start well. Competitors separate themselves in how they finish."

– Coach Rei

Director of Mental Strength & Performance

WE. MAKE. PLAYERS.

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Mental Strength Exercise

Last-10-Minutes Standard

At the end of every practice, treat the final 10 minutes as a true match situation:

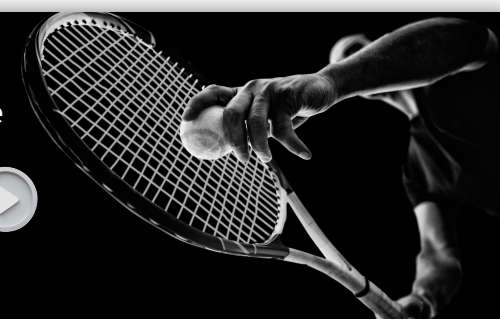
- Maximum footwork intensity
- Full routines between points
- No casual errors or rushed decisions

Hold yourself to match-level standards, even when fatigued. Afterward, reflect: Did your level rise—or drop—when it mattered most?

Goal: Build the habit of finishing sessions — and matches — with clear intention.

Stop Choking! Simple Mental Toughness Strategies to Close Out Tennis Matches

–Meike Babel



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

NEW ROCHELLE

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WHITE PLAINS

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