

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Visualization for Confidence

"See the shot before you swing – the mind paints it, the body delivers it."

– Coach Rei Director of Mental
Strength & Performance

WE. MAKE. PLAYERS.

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Mental Strength Exercise

Point Visualization Routine

- Before each practice serve, close your eyes for a moment and visualize the ball hitting your target.
- Do the same for returns: imagine clean contact and deep placement.
- Try this for 10 consecutive points.

Goal: Strengthen the connection between your mental image and your swing.



▶ Visualization used by Michael Phelps

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