

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

CLOSING MENTALITY



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

“ A MESSAGE FROM COACH REI

Pressure increases near the finish line. Great competitors become calmer there.



How Tennis Players Process
the Previous Point



LEARN MORE



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

MENTAL STRENGTH EXERCISE

FINISH LINE FOCUS DRILL

During practice sets, when leading late in games or sets, focus **ONLY** on:

- routines
- footwork
- breathing

Do not think about winning the match.

If nerves appear, immediately return your attention to execution.

After the Session, Reflect:

Did you protect the lead, or continue competing freely?

Goal: Learn to close matches with clarity instead of fear.

THE FIVE PILLARS OF MENTAL STRENGTH



POSITIVE
BODY
LANGUAGE



RESILIENCE



EMOTIONAL
CONTROL



CONFIDENCE



MENTAL
TOUGHNESS

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55 Quaker Ridge Road | 914.484.8441



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