

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

CREATING PRESSURE



— Coach Rei

Director of Mental Strength & Performance

A MESSAGE FROM COACH REI

Pressure is not only something you handle — it's something you can apply.



Simon Sinek on Training Your Mind to Perform Under Pressure

LEARN MORE



MENTAL STRENGTH EXERCISE

SCOREBOARD PRESSURE DRILL

During practice matches:

- Anytime you reach 30–30 or deuce, intentionally raise your intensity
- Commit fully to your first-step movement and aggressive court positioning
- Make your opponent feel pressure through your presence and energy — not your emotions

Afterward, Evaluate:

Did your body language apply pressure or release it?

Goal: Learn how to become mentally imposing without forcing shots.



POSITIVE
BODY
LANGUAGE



RESILIENCE



EMOTIONAL
CONTROL



CONFIDENCE



MENTAL
TOUGHNESS

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

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