

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

BELIEF OVER ADVERSITY



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

“ A MESSAGE FROM COACH REI

*The score may be against you.
Your belief doesn't have to be.*

”



LEARN MORE



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

MENTAL STRENGTH EXERCISE

COMEBACK MINDSET DRILL

Start each practice set with a disadvantage:

- Begin down 0-2 in games, or
- Start every game at 0-30

Your objective:

- Maintain positive body language.
- Stay committed to your between-point routine.
- Fight for every point.

After practice, reflect:

Evaluate your effort, not the outcome.

Goal:

Learn to believe in yourself, even when the circumstances are against you.

THE FILL PILLARS OF MENTAL STRENGTH



POSITIVE
BODY
LANGUAGE



RESILIENCE



EMOTIONAL
CONTROL



CONFIDENCE



MENTAL
TOUGHNESS

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