

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Decision Making

"Indecision is the fastest way to lose a point — commit early, live with the result."

– Coach Rei

Director of Mental Strength & Performance

WE. MAKE. PLAYERS.

Mental Strength Exercise

4-Second Commitment Rule

During Practice:

- Before every point, decide your intention within 4 seconds (serve target, return direction, or rally plan)
- Once you decide → commit fully (no changing your mind)
- If you hesitate mid-point, make a mental note

After Practice:

- **Reflect:** How many points did you hesitate vs. fully commit?

Goal: Train fast, decisive thinking under pressure.

The Unique Challenges
Tennis Players Face - And
How To Overcome Them



Dr. Francesco Dandekar
Clinical Associate Professor and Associate
Director of Sports Psychiatry at Stanford University

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

LEARN MORE



NEW ROCHELLE

55 Quaker Ridge Road | 914.484.8441

WHITE PLAINS

110 Lake Street | 914.428.2444