

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



WE. MAKE. PLAYERS.

Monday Motivation

Tactical Discipline

"Winning players don't play random tennis—they commit to a plan and execute it."

– Coach Rei

Director of Mental Strength & Performance

LEARN MORE



Mental Strength Exercise

Game Plan Commitment Drill

Before the set:

Choose 1–2 clear tactics (e.g., attack backhand, heavy crosscourt)

During the set:

Track whether you stick to the plan or abandon it

After:

- When did you lose discipline?
- Why?

Goal: Build consistency in strategy—not just shot-making.

Tennis Mental Skills And Between Point Routines



*Dr. Patrick Cohn
Peak Performance Sports, LLC*

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

NEW ROCHELLE

55 Quaker Ridge Road | 914.484.8441

WHITE PLAINS

110 Lake Street | 914.428.2444