

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

The Power of Routine

"Champions don't find rhythm — they build it, one routine at a time."

– Coach Rei

Director of Mental Strength & Performance

LEARN MORE 

WE. MAKE. PLAYERS.

Mental Strength Exercise

Between-Point Routine Drill

- Create a simple 3-step routine to follow after every point (e.g., towel → deep breath → visualize the next point).
- Use it consistently for one full practice session.

Focus on consistency — same actions, same pace, every time. This trains your mind and body to reset quickly and maintain rhythm under any circumstance.

Goal: Complete one full set without skipping your between-point routine even once.



 [All Rafael Nadal's Rituals Explained](#)

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

NEW ROCHELLE

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WHITE PLAINS

110 Lake Street | 914.428.2444