

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

SOLUTION THINKING



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

“ A MESSAGE FROM COACH REI

Your mind can search for excuses or search for solutions. Only one of them helps you win the next point.



Darren Cahill talks Sinner, Alcaraz, and the Evolution of Tennis



LEARN MORE



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

MENTAL STRENGTH EXERCISE

PROBLEM → SOLUTION RULE

Every time something goes wrong during practice, you're allowed to identify the problem once.

Then immediately identify one solution.

Examples:

“My forehand is going long.”
→ **More margin.**

“My opponent keeps attacking my second serve.”
→ **Add more spin and change placement.**

“I'm getting pushed behind the baseline.”
→ **Look for opportunities to step forward.**

“I'm struggling today.”
→ **Simplify and compete.**

No complaining about the same problem twice without trying a solution.

Goal: Train your brain to become a problem-solver when matches become difficult.

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