

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

COMPETITIVE COMPOSURE



— Coach Rei

Director of Mental Strength & Performance

“ A MESSAGE FROM COACH REI

Composure is the ability to remain yourself when the match tries to change you.

”

Rafael Nadal displaying the importance of body language



LEARN MORE



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

MENTAL STRENGTH EXERCISE

CALM COMPETITOR DRILL

During practice, keep the following consistent:

- Your voice
- Your posture
- Your pace between points

Whether you:

- Win a point
- Lose a point
- Win a game
- Lose a game

After practice, ask a coach or teammate:

"Did my behavior change based on the score?"

Goal:

Develop emotional consistency regardless of the circumstances.

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