

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



WE. MAKE. PLAYERS.

Monday Motivation

Risk Management

"Great competitors don't avoid risk—they choose when to take it."

– Coach Rei

Director of Mental Strength & Performance

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Mental Strength Exercise

Green–Yellow–Red Decision System

During points, classify your ball:

- **Green (attackable):** play aggressive
- **Yellow (neutral):** build the point
- **Red (defensive):** stay safe and recover

During practice:

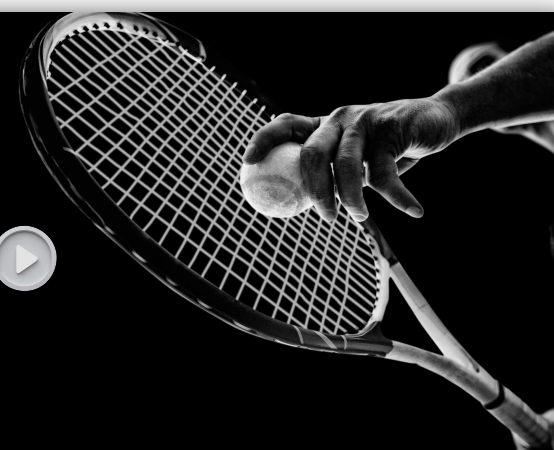
Track how often you chose the wrong level of risk.

Goal: Improve decision-making—not just execution.

**Master Your
Tennis Mindset: 4
Mental Strategies
to Win More
Matches**



*Ashley Neaves
Founder of The Tennis Mentor*



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