

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Pattern Recognition

"The match speaks — great players are the ones who actually listen"

– Coach Rei

Director of Mental Strength & Performance

WE. MAKE. PLAYERS.

LEARN MORE



Mental Strength Exercise

Opponent Pattern Tracker

During Practice (1 Set):

- Identify one pattern your opponent repeats (e.g., crosscourt under pressure, weak backhand on the run)
- Test that pattern 3 times intentionally
- Adjust your positioning or shot selection based on what you observe

After the Set:

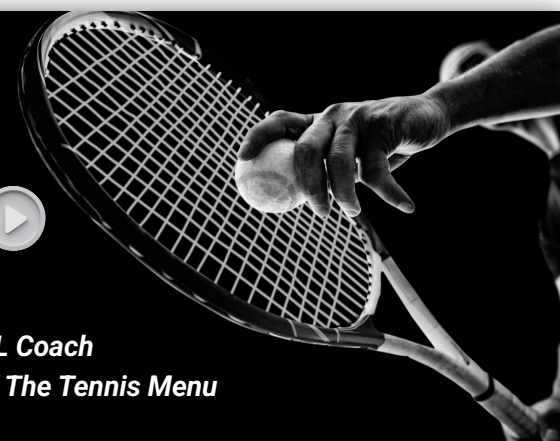
- What pattern did you identify?
- Did you use it effectively?

Goal: Shift from reacting → reading and anticipating

**How To Read
Your Opponent
Like A Book**



Marc Sophoulis
High Performance Tennis & AFL Coach
Coach Educator and Director of The Tennis Menu



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