

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

MENTAL ENDURANCE



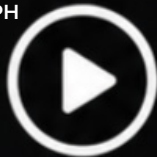
— **Coach Rei**
Director of Mental Strength & Performance

“ A MESSAGE FROM COACH REI

The strongest mind is not the one that never gets tired — it's the one that keeps competing when it does.



The Secrets and Science of
Mental Toughness | Joe Risser
MD, MPH



LEARN MORE



MENTAL STRENGTH EXERCISE

FOCUS FATIGUE DRILL

At the end of practice this week, play a 10-minute competitive segment when you are already physically tired.

Your Challenge:

- Maintain your full routines between points
- Keep positive body language
- Stay mentally locked into every point instead of checking out

After Practice, Reflect:

Did your mindset weaken before your body did?

Goal:

Train your ability to stay mentally sharp under fatigue.

UNLOCK YOUR POTENTIAL



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