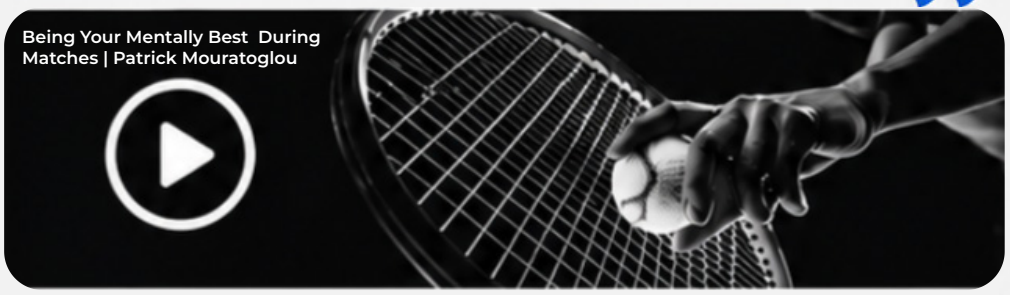
MONDAY MOTIVATION

COMPETITIVE INDEPENDENCE

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

A MESSAGE FROM COACH REI

A coach can prepare you for the battle. Once the match begins, you must learn to lead yourself.



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Mental strength isn't built when everything is easy. It's built when things get uncomfortable and you keep competing.

MENTAL STRENGTH EXERCISE

BE YOUR OWN COACH

Play one practice set where your coach gives you zero tactical or emotional feedback.

During every changeover, ask yourself three questions:

1. What is happening?
What patterns am I noticing?

2. What do I need?
Do I need to calm down, raise my intensity, simplify, or change something?

3. What is my plan?
Choose ONE clear objective for the next two games.

At the end of the match, compare your analysis with your coach's.

Goal:
Develop players who can think, adjust, and lead themselves during competition.

This is especially valuable in tennis because players often have to solve problems independently during competition; USTA guidance specifically encourages players to assess what is happening during changeovers and commit to a plan of action. ***USTA***