

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



WE. MAKE. PLAYERS.

Monday Motivation

Energy Management

"Matches aren't won by who plays hardest—they're won by who manages energy best."

– Coach Rei

Director of Mental Strength & Performance

LEARN MORE



Mental Strength Exercise

Energy Level Check

During a practice match:

Every 2 games, rate your energy (1–10).

If below 6:

- Slow your between-point routine
- Control your breathing
- Reset your tempo

Observe:

- When does your energy drop?
- What helps you recover?

Goal: Sustain performance—not just start strong.

How Tennis Players Process the Previous Point



Dr. Patrick Cohn
Peak Performance Sports, LLC

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