

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

ATTENTION CONTROL



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

“ A MESSAGE FROM COACH REI

Focus is not about paying attention. It's about bringing your attention back when it wanders.



Novak Djokovic's Masterclass
in Mental Strength



LEARN MORE



Mental strength is a journey, not a destination. It's forged each Monday, week after week. Let's begin.

MENTAL STRENGTH EXERCISE

DISTRACTION AWARENESS DRILL

During practice this week, notice every time your attention shifts to:

- The score
- A previous mistake
- Your opponent
- Winning or losing

When you catch yourself getting distracted:

1. Say "Back."
2. Refocus on the ball.
3. Commit your attention to the current point.

After practice, reflect:

- How many times did I catch my mind wandering?
- How many times did I successfully bring my focus back?

Goal:

Don't strive for perfect concentration. Train your ability to recognize distractions quickly and refocus on what matters most—the present point.

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