

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

MANAGING MATCH ANXIETY



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

“ A MESSAGE FROM COACH REI

Nerves don't mean you're not ready. They mean the moment matters. Learn to play with them.



How to Manage Pre-Match
Nerves & Anxiety



LEARN MORE



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

MENTAL STRENGTH EXERCISE

NAME IT, ACCEPT IT, PLAY

Before a practice match, notice what you're feeling.

Instead of trying to eliminate nervousness:

- Name it: "I'm nervous."
- Accept it: "That's okay."
- Take one slow breath.
- Choose one simple action for the first point.
- Play.

Repeat whenever nerves return.

Don't fight the feeling. Keep competing alongside it.

Goal: Learn that you don't have to feel perfectly calm to play great tennis.

This is especially valuable for junior players because competitive anxiety often comes from uncertainty about performance and results; accepting those feelings and returning attention to preparation and process can help.

Source USTA: [Mental Health: Your Child & Tennis](#)

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