

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Confidence Starts with Your
Body Language

"Your body speaks before your racket does—make sure it tells the story you want others to see."

– Coach Rei

Director of Mental Strength & Performance

WE. MAKE. PLAYERS.

Mental Strength Exercise

Power Posture Drill

- After every point in practice, reset with positive body language: shoulders back, head up, calm breathing.
- Ask a teammate or coach to rate you: Neutral vs. Positive.
- **Goal:** Maintain at least 70% positive body language in one practice.



▶ Rafael Nadal: Importance of Body Language

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

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