

# ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



## Monday Motivation

Competitive Patience

*"Not every point needs to be won quickly. The toughest players are willing to outlast before they outplay."*

– Coach Rei

Director of Mental Strength & Performance

*WE. MAKE. PLAYERS.*

LEARN MORE

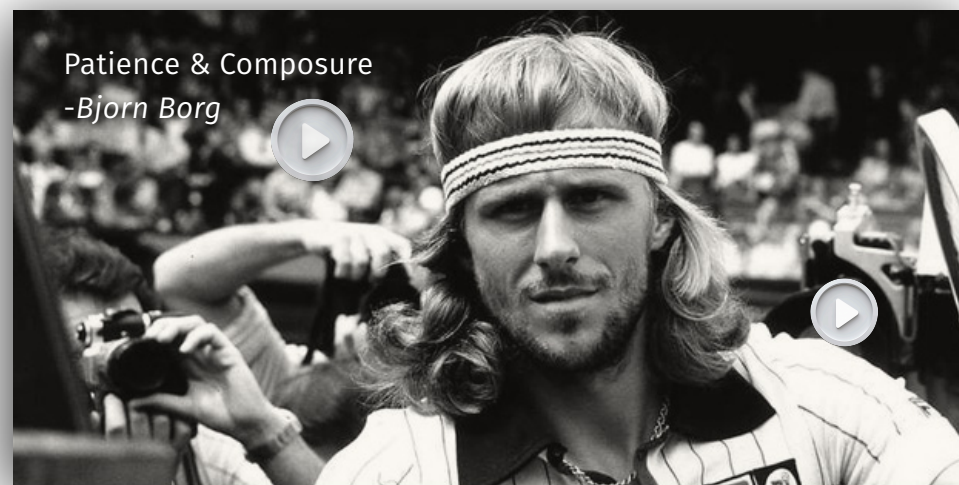


## Mental Strength Exercise

### *Rally Tolerance Drill*

- During practice, set a goal to play rallies of at least 6–8 balls before attempting to finish the point.
- If you start to feel rushed, say “build” before the rally begins as a reminder to stay patient.
- Focus on constructing the point rather than forcing winners.

**Goal:** Train your mind to stay patient under pressure instead of speeding up.



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

NEW ROCHELLE

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WHITE PLAINS

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