

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

COMPETING WITH INTENT



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

“ A MESSAGE FROM COACH REI

*Every point deserves a purpose.
Great competitors don't just play—
they compete with intention.*

”

TENNIS MASTERCLASS by
Patrick Mouratoglou



LEARN MORE



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

MENTAL STRENGTH EXERCISE

PURPOSE BEFORE EVERY POINT

During practice this week, before every point:

- Take one breath.
- Decide exactly what you want to accomplish.
- Commit fully to that intention.

Examples:

- Heavy crosscourt
- Attack the backhand
- Stay aggressive with your feet
- High first-serve percentage

Avoid starting a point without a clear objective.

After practice, reflect:

How often did I begin each point with a clear purpose?

Goal: Replace automatic tennis with intentional, purposeful tennis.

TIAcademies.com



NEW ROCHELLE

55 Quaker Ridge Road | 914.484.8441



WHITE PLAINS

110 Lake Street | 914.428.2444