

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

TOLERANCE FOR
UNCERTAINTY



— Coach Rei
Director of Mental Strength & Performance

“ A MESSAGE FROM COACH REI

You don't need to know how the match will end. You only need to know what you're going to do next.



How Djokovic Uses Mindfulness to Handle Pressure in Clutch Moments



LEARN MORE



Mental strength isn't built when everything is easy. It's built when things get uncomfortable and you keep competing.

MENTAL STRENGTH EXERCISE

THE "I DON'T KNOW" DRILL

Play a practice set where your coach randomly changes conditions.

For example:

- Different opponent.
- Different starting score.
- Sudden tiebreak.
- Different balls.
- Unexpected tactical restriction.

Your response must be: “I don't know what's going to happen — and that's okay.”

Then identify: ONE thing you can control right now, such as:

- Footwork
- Effort
- Breathing
- Shot selection
- Attitude

Goal: Become comfortable competing without needing certainty about the result.

This is particularly relevant in tennis because opponent behavior, conditions, momentum and results are inherently uncertain; the useful response is to redirect attention toward controllable actions.

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