

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Emotional Control

"Your emotions can ride the match—or you can drive them."

– Coach Rei Director of Mental Strength & Performance

WE. MAKE. PLAYERS.

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Mental Strength Exercise

Emotional Scale Drill

- Rate your emotions from 1–10 (1 = flat, 10 = out of control).
- If you feel yourself climbing above 7, pause, take two slow breaths, reset your posture, and return to neutral.
- Do this quick check-in at every changeover.

Goal: Maintain an emotional range between 3–6 for an entire set.



 Kobe Bryant speaks on handling emotions on the court.

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