

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Resilience After Mistakes

"A mistake is not the end of your momentum — it's the beginning of your comeback."

– Coach Rei

Director of Mental Strength & Performance

WE. MAKE. PLAYERS.

Mental Strength Exercise

One-Point Reset Rule

- If you miss a point, give yourself 5 seconds to react—then physically shake it off (tap your racket, adjust your strings, or take a step back).
- Next, reset into a strong, confident stance.
- **The goal:** shorten your emotional recovery time from several points to just one.



▶ *Serena Williams: You Never Give Up*

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

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