

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Growth Through Challenges

"Pressure is a privilege – it means you're playing for something that matters."

– Coach Rei

Director of Mental Strength & Performance

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WE. MAKE. PLAYERS.

Mental Strength Exercise

Pressure Practice Drill

- During one session this week, simulate pressure by playing 3-point mini-sets (first to 3 points).
- Treat each mini-set like a tiebreak – high stakes and full focus.
- Pay attention to how your body reacts under pressure, and use calm-breath resets between points.



▶ 2021 Nitto ATP Finals | World No.1 Novak Djokovic on dealing with pressure

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

New Rochelle, NY
55 Quaker Ridge Road

TIAcademies.com
914.428.2444

White Plains, NY
110 Lake Street