

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

MENTAL RECOVERY SPEED



— Coach Rei

Director of Mental Strength & Performance

A MESSAGE FROM COACH REI

It's not the mistake that hurts competitors most — it's how long they stay attached to it.



LEARN MORE



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

MENTAL STRENGTH EXERCISE

10-SECOND RECOVERY RULE

During practice or matches:

After every bad miss or frustrating point:

- Give yourself exactly 10 seconds to react internally
- Then fully reset your posture, breathing, and focus

Once you reset, do not continue replaying the mistake mentally.

Afterward, Reflect:

How quickly did you truly recover?

Goal: Reduce emotional recovery time and build stronger point-to-point resilience.

THE FIVE PILLARS OF MENTAL STRENGTH



POSITIVE
BODY
LANGUAGE



RESILIENCE



EMOTIONAL
CONTROL



CONFIDENCE



MENTAL
TOUGHNESS

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