

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Clarity Under Pressure

"Pressure doesn't demand more effort. It demands clearer thinking."

– Coach Rei

Director of Mental Strength & Performance

WE. MAKE. PLAYERS.

LEARN MORE



Mental Strength Exercise

1-Target Mindset Drill

Before each point, choose one simple intention only:

- "High crosscourt"
- "First serve percentage"
- "Move your feet"

Do not allow more than one thought.
Fully commit to that single intention.

Goal: Reduce mental clutter so you can perform with clarity in big moments.



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

NEW ROCHELLE

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WHITE PLAINS

110 Lake Street | 914.428.2444