

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



WE. MAKE. PLAYERS.

Monday Motivation

Match Awareness

"Smart players don't just play points—they understand the moment."

– Coach Rei

Director of Mental Strength & Performance

LEARN MORE



Mental Strength Exercise

Score Awareness Drill

During practice sets:

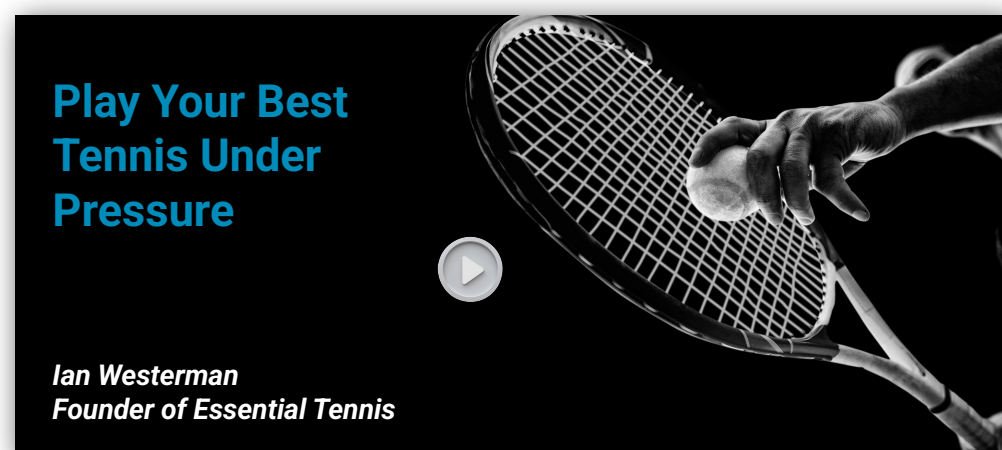
Before every point, quickly identify:

- Score (e.g., 30–40, deuce, 0–30)
- Situation (defensive, neutral, attacking)
- Adjust your play style (safer vs. aggressive)

After the set:

Did your decisions match the score?

Goal: Stop playing every point the same—start playing situational tennis.



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

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