

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

MENTAL FLEXIBILITY



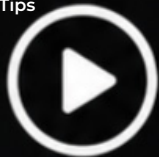
— **Coach Rei**
Director of Mental Strength & Performance

“ A MESSAGE FROM COACH REI

Strong minds don't expect the match to go as planned. They adjust when it doesn't.



Jonathan Stokke Interview: How to Fix Your Toss, Read the Serve, & Volley Tips



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

MENTAL STRENGTH EXERCISE

PLAN B CHALLENGE

Before a practice set, choose your normal game plan.

At some point during the set, have your coach or partner change one condition. For example:

- You can no longer attack your favorite side.
- Your opponent changes their style of play.
- You must play with more margin.
- Your original strategy stops working.

When this happens:

- Recognize that the situation changed.
- Avoid frustration.
- Give yourself 30 seconds to create a Plan B.
- Commit to the adjustment for the next two games.

Afterward, ask yourself:

How quickly did I accept that my original plan wasn't working?

Goal: Train your mind to adapt without becoming frustrated when competition doesn't go according to plan.

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