

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Handling Momentum Swings

"Momentum is never permanent. The player who stabilizes fastest takes it back."

– Coach Rei

Director of Mental Strength & Performance

WE. MAKE. PLAYERS.

LEARN MORE



Mental Strength Exercise

Stop-the-Run Routine

Anytime you lose two points in a row during practice:

- Step back from the baseline.
- Take one deep breath.
- Slow your walk and reset your posture.
- Use a cue word such as “steady.”
- Restart play with full intention.

Goal: Train yourself to interrupt negative momentum before it builds.



Manage momentum in a tennis match to become a more consistent player.

–Emma Doyle

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

NEW ROCHELLE

55 Quaker Ridge Road | 914.484.8441

WHITE PLAINS

110 Lake Street | 914.428.2444