

# ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



## Monday Motivation

Focus Under Pressure

*"The fastest way to lose focus is to live in the last point. The fastest way to build confidence is to own the next one."*

– Coach Rei

Director of Mental Strength & Performance

*WE. MAKE. PLAYERS.*

## Mental Strength Exercise

### 🟡 Reset Breathing Drill

1. After each point → Inhale through your nose (2 seconds)
2. Exhale slowly
3. Say “reset” or “next” as you exhale
4. Repeat for 15 points

It's a quick mental reset to stay focused during practice or matches.



### ▶ Novak Djokovic Mental Reset Routine

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

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