



MATCH REPORT

		SET 1	SET 2	SET 3
PLAYER	 NAVRO	3	7	2
OPPONENT	 ROGER	6	6	6

INNER ACE INDEX

6.9 / 10



6.9



BEHAVIOR

7.9



PERFORMANCE

8.2



SERVE

4.6



CLUTCH

MATCH DETAILS

Date	Jun 16, 2026
Location	Boca Raton
Tournament	UTR
Duration	2h 10min
Surface	Hard Outdoor

MATCH STATS

2 / 10



PLAYER

NAVRO

3-6 7-6 2-6

OPPONENT

ROGER



POINTS

45%

91/201



TOTAL WON

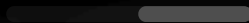


55%

110/201

46%

53/116



TOTAL CLUTCHED



54%

63/116

RALLY

21

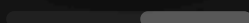


WINNERS



33

38

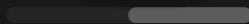


FORCED ERRORS

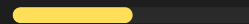


46

31

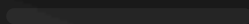


UNFORCED ERRORS

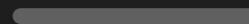


30

0



DOUBLE FAULTS



1

SERVE

54%

56/103



SERVE POINTS WON



64%

63/98

60%

9/15



SERVE GAMES WON



86%

12/14

52%

32/62



SERVE POINTS CLUTCHED



61%

33/54

7/13

54%



BREAK POINTS SAVED



2/4

50%

SERVE %

60%

62/103



1ST SERVE IN



67%

66/98

56%

35/62



1ST SERVE WON



65%

43/66

51%

21/41



2ND SERVE WON



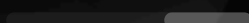
63%

20/32

RETURN

36%

35/98



RETURN POINTS WON

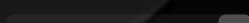


46%

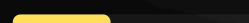
47/103

14%

2/14



RETURN GAMES WON



40%

6/15

39%

21/54



RETURN POINTS CLUTCHED



48%

30/62

2/4

50%



BREAK POINTS CONVERTED



6/13

46%

1

[→ See Behavior, page 4](#)

Alex's behavior was strongest in Set 2 and lowest in Set 3, with the swings driven by audible behavior: positive self-motivation accounted for most of the 51 positive reactions across the match, and the drop in positive talk starting around 1-5 (Set 3) marked the clearest shift of the match.

RECOMMENDATION

Practice **Talk yourself up** from the Exercise Library so Alex has a reliable **self-motivation** routine ready before **positive talk** starts to drop late in a set.

2

[→ See Clutch, page 7](#)

Serve clutch was the weaker side, rated below-average overall and producing 0% of clutch points won in pressure service games, while return clutch held at average across the match and improved from Set 1 to Set 2 before dropping back in Set 3.

RECOMMENDATION

Play a set where all the games start at 30-30. It rehearses serving in **30-30** situations, where Alex's clutch performance on serve was below average in this match.

3

[→ See Momentum, page 8](#)

Alex lost 3 straight games twice, once from 2-1 (Set 1) and again from 1-2 (Set 3), though Set 2 showed a clear reversal in between, with positive talk rising from 4 instances in Set 1 to 22 in Set 2.

RECOMMENDATION

Build a **self-coaching** reset cue to deploy at the first sign of a losing run, so Alex has a structured response ready when games start slipping in sequence.

WORK ON THIS[→ See page 10](#)

REINFORCE	Positive Talk
REPLACE	Negative Body Language
REFLECT	3 journaling questions

Overall, Alex showed **steady** behavior in this match, with Set 2 being the strongest and Set 3 the lowest, while Set 1 landed in between. The gap between sets was driven mainly by **audible** behavior: Alex produced 51 positive reactions across the match compared to 22 negative ones, and the difference between sets came down to how often **self-motivation** showed up out loud.

That shift started to take shape around 1-5 (Set 3), where **positive talk** began appearing less frequently, and the quietest game of the match came at 5-5 (Set 2). Alex's strongest game was 4-5 (Set 2), where audible positive behavior was at its peak, making the drop into Set 3 and the late moments of Set 2 the clearest area to address going forward.

	SET 1	SET 2	SET 3	TOTAL
Positive Talk	4	22	3	29
Self-Motivation	4	22	3	29
Positive Body Language	6	12	3	21
Racquet Shake	5	12	3	20
Reset Routine	1	0	0	1
POSITIVE REACTIONS	10	34	6	50
Negative Talk	2	5	0	7
Self-Talk	0	2	0	2
Complaining	2	3	0	5
Negative Body Language	3	10	1	14
Poor Composure	0	5	0	5
Head Shaking	3	5	1	9
Focus Loss	0	0	0	0
NEGATIVE REACTIONS	5	15	1	21
BEHAVIOR INDEX	6.3	7.2	6.2	6.9

Distribution

Alex's opponent controlled the match by dictating **39%** of the points. Alex also gave away **15%** through errors and only managed to control **30%** of the points.

The points controlled by Alex's opponent dropped from **37%** in Set 1 to **33%** in Set 2, then rose sharply to **53%** in Set 3.

	SET 1	SET 2	SET 3	TOTAL
Player Earned	31%	30%	29%	30%
Opponent Gave	12%	19%	13%	15%
POINTS WON	43%	48%	42%	45%
Player Gave	20%	19%	5%	15%
Opponent Earned	37%	33%	53%	39%
POINTS LOST	57%	52%	58%	55%

Actions

Overall, Alex had **good** performance in this match, lowest in Set 1 and rising steadily through Set 2 before reaching its peak in Set 3. The biggest shift came between Set 2 and Set 3, and it was driven by Alex's own play: Alex gave away fewer points through **unforced errors**, which was the single largest factor in that improvement.

That change started to show around 1-5 (Set 3), where **winners** began to appear more regularly alongside the drop in unforced errors. Alex's best game came at 1-1 (Set 1), while 3-5 (Set 1) was the toughest stretch of the match, where unforced errors were at their highest.

	SET 1	SET 2	SET 3	TOTAL
Winners	7	6	8	21
Forced Errors	8	22	8	38
Net Points Won	3	4	3	10
Serve +1	2	7	3	12
POSITIVE ACTIONS	20	39	22	81
Unforced Errors	10	18	3	31
NEGATIVE ACTIONS	10	18	3	31
PERFORMANCE INDEX	7.4	7.4	8.9	7.9

Overall, Alex had an **average** serve in this match, holding 9 of 15 service games, a hold rate below the typical standard. The holds were spread fairly evenly across sets (3/5, 4/6, 2/4), with Set 3 showing the steepest drop. The clearest shift across the match was in **2nd serve points won**, which moved from an average rate in Set 1 (50%) to a good rate in Set 2 (60%), then fell well below the typical standard in Set 3 (33%). Meanwhile, **1st serve in %** changed its rating between Set 1 (52%, below average) and Set 2 (64%, good) before settling back to average in Set 3 (61%), making it a secondary factor worth noting. **1st serve points won %** held below the typical standard across all three sets and can be ruled out as a source of variance.

On the points side, Alex created 2 **aces** and 19 **serve winners**, generating a solid base of free points across the match. Alex also recorded 0 **double faults**, so no service games were given away through unforced errors on the serve itself. The best service game came at 1-1 (Set 1), and the most difficult was at 2-2 (Set 1), where Alex was broken.

Serve

	SET 1	SET 2	SET 3	TOTAL
1st Serve In	52%	64%	61%	60%
Points Won on 1st Serve	62%	54%	57%	56%
Points Won on 2nd Serve	50%	60%	33%	51%
Aces	0	1	1	2
Serve Winners	7	9	3	19
Serve +1	2	7	3	12
Double Faults	0	0	0	0
SERVE INDEX	8.7	8.1	8.0	8.2

Return

	SET 1	SET 2	SET 3	TOTAL
Opponent's 1st Serve In	71%	71%	59%	67%
Return Points Won on 1st	29%	40%	32%	35%
Return Points Won on 2nd	29%	33%	46%	38%

CLUTCH INDEX

4.5 / 10

Below average

Average

Good

SET 1

3.2

SET 2

5.1

SET 3

3.8

Overall, Alex had **below-average** clutch performance, winning 45% of clutch points across the match. It was below-average in Set 1, improved to **average** in Set 2, then dropped back to below-average in Set 3. By benchmark, **serve** was the side that needs the most work, rated below-average while return held at average.

The service games that need the most work were the **pressure games**: Alex held **0 of 1** late and level, against **6 of 11** in routine games. Those pressure service games produced 0% of clutch points won on serve, the weakest showing of any game situation.

Inside those games, **30-30** on serve is the scoreline that stands out most, with Alex winning just **1 of 4** of those points.

RECOMMENDATION Practice 30-30 on serve. Play a set where all the games start at 30-30.

By set

	SET 1	SET 2	SET 3	TOTAL
Clutched points	38% 6/16	52% 28/54	37% 11/30	45% 45/100
↳ On serve	43% 3/7	56% 20/36	56% 5/9	54% 28/52
↳ On return	33% 3/9	44% 8/18	29% 6/21	35% 17/48
↳ In tie break	–	50% 2/4	–	50% 2/4

Games won

	SERVE	RETURN	TOTAL
Clutched games	67% 4/6	25% 1/4	50% 5/10
Set openers	50% 1/2	100% 1/1	67% 2/3
Routine games	55% 6/11	18% 2/11	36% 8/22
Pressure games	0% 0/1	0% 0/2	0% 0/3
Critical games	100% 3/3	0% 0/1	75% 3/4
Tie breaks won	–	–	100% 1/1

Scorelines on serve

	WON	WIN %
0-0	8/16	50%
15-30	2/6	33%
30-30	1/4	25%
40-40	4/8	50%
40-30 / Ad in	4/6	67%
30-40 / Ad out	7/13	54%

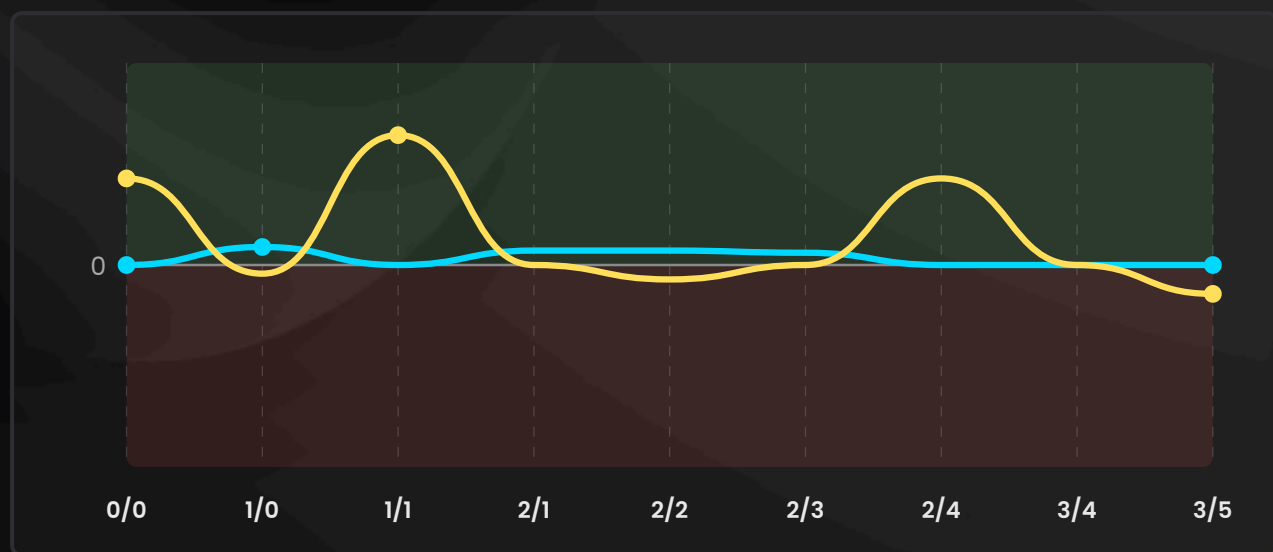
Scorelines on return

	WON	WIN %
0-0	5/15	33%
30-30	3/6	50%
40-40	1/7	14%
40-30 / Ad in	–	–
30-40 / Ad out	2/4	50%

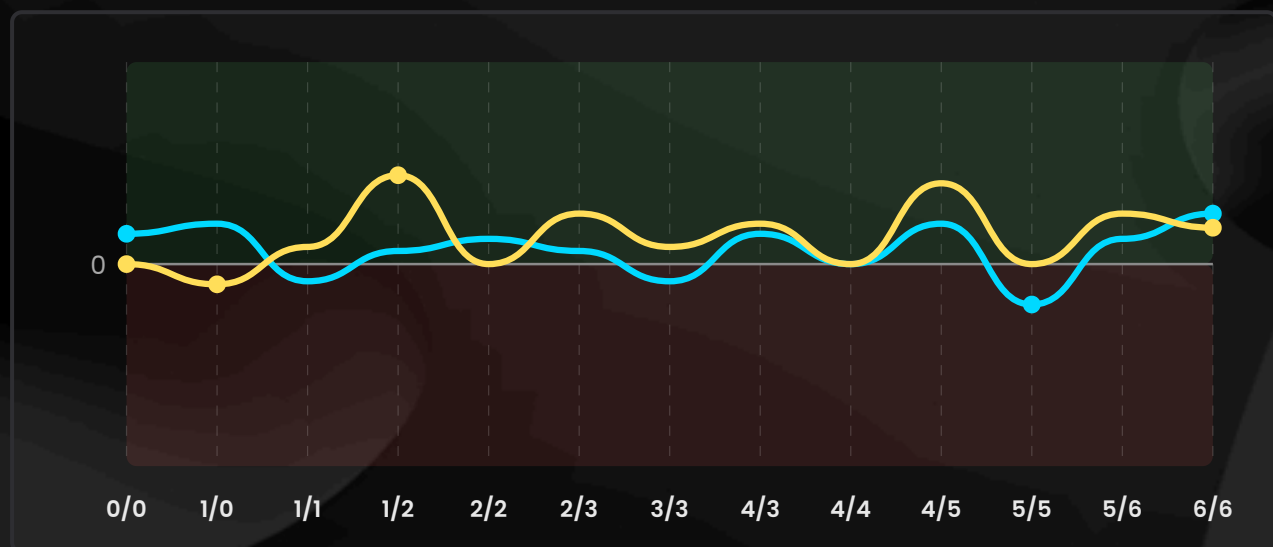
Alex faced two difficult stretches in this match. The first came at 2-1 (Set 1), when Alex dropped 3 straight games to fall to 2-4, a run that shaped how the set finished. A similar pattern appeared in Set 3, with Alex going from 1-2 to 1-5 and losing 3 straight games again. Set 2 was a different story, suggesting Alex found something between the first and third sets that tightened the match in the middle.

During the 3-game run from 2-1 (Set 1), Alex's **visible energy** was actually rising, meaning the losing streak did not come from a drop in **body language** at that moment. What stands out more is the shift in **positive talk**, which went from 4 instances in Set 1 to 22 in Set 2, a significant change in how Alex was presenting between points.

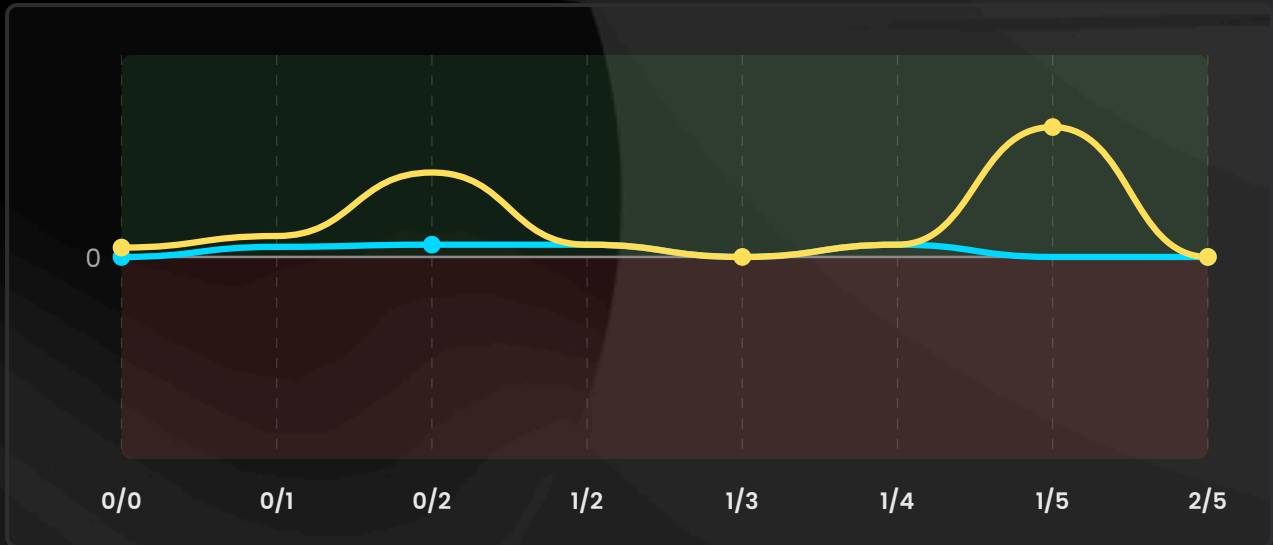
Set 1 (3-6)



Set 2 (7-6)



Set 3 (2-6)



POSITIVE TALK

Positive Talk went with winning more games across this match and the dashboard confirms it holds up beyond this match.

Across **30 games**, Alex won **56%** of games where **Positive Talk** showed up, compared to **21%** of games where it did not. The dashboard confirms this pattern repeats across recent matches, making it one of the clearest game-winning associations in Alex's data.

REINFORCE**Talk yourself up**

Exercise to reinforce positive talk

[OPEN ↗](#)

REPLACE THIS

NEGATIVE BODY LANGUAGE

Head Shaking showed up in the service games Alex was less likely to hold in this match.

In this match, across **15 service games**, Alex held **50%** of service games where **Head Shaking** appeared, compared to **67%** of service games where it did not. This is a single-match observation, so it is one to keep an eye on rather than a firm conclusion.

REPLACE**Swap the shake for a cue**

Exercise to replace head shaking

[OPEN ↗](#)

REFLECT ON THIS

1 IN PRACTICE

You won 56% of games with Positive Talk and 21% without it across 30 games, so what will you build into practice this week to make it more automatic?

2 NEXT MATCH

You won only 1 of 4 clutch points at 30-30 on serve, so what will you do differently at that score in your next match?

3 IF IT HAPPENS AGAIN

You had 15 negative reactions in the set you won but only 1 in the set you lost, so if reactions drop again, what will you do to bring them back?

INNER ACE

Excellence starts within

Inner Ace turns the mental side of tennis into a measurable, repeatable process. Every match drives a continuous cycle of insight, training and execution.

STEP 1

COMPETE

Play and track your matches, then get a full behavior and performance report.

STEP 2

ANALYZE

AI reveals which habits hold under pressure, which break, and what they cost.

STEP 3

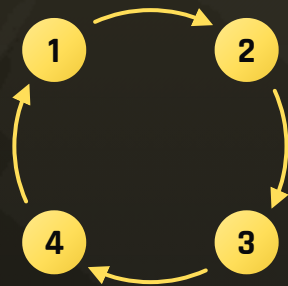
LEARN

Targeted exercises teach you to reinforce good habits and replace costly ones.

STEP 4

TRAIN

Build the new habits in practice, then bring them into your next match.



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Or visit us at inner-ace.com