## SEPT. 29-Oct 1

SIMPLICITY

What is really important? How can you refine your strategies? Paralysis by analysis? **Conditioning**: Endurance for tournament season

	Individual G	oals (08/31-09/01)	
	I. Baseline Consistency (x10)		
	<u>Shot</u>	<u>Reps</u>	
1	XcFH		
2	XcBH		
3	D/Line		
4	Inside/out FH		

Oct. 2-3

## ACCOUNTABILITY

What is within your control? Are you using what you are learning in competition?

Conditioning: Recognize the value of good nutrition, recovery and rest

(LESS IS MORE). Implement all three into competition management.

	Individual Goals (10/02-10/03)			
	II. Serving (x5 ea ct)			
	<u>Shot</u>	Reps		
1	Flat			
2	Spin			
3	Inside			
4	Outside			

## Oct. 6-7

FUN:

Develop affirming positive self-talk and statements about yourself and others.

Make the best of the circumstances. It is all about choices!!!!.

	I
	III.
1	Xc[
2	XcS
3	D/L
4	Lob
5	Ris

SCTeamGoale-2003Fall doc	

	Individual Goals (10/06-10/07)		
	III. Service returns (5x ea ct)		
	<u>Shot</u>	<u>Reps</u>	
1	XcDeep		
2	XcShort		
3	D/Line		
4	Lob		
5	Rise		