

Smith Tennis Goals: 2003, Fall

Player Name= _____

SEPT. 18-19	DISCIPLINE
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Balance vs extremes. Include NEW ideas

Conditioning: Explosive first step

Individual Goals	
VII. Passing (10x)	
<u>Shot</u>	<u>Reps</u>
D/Line	
XcRt	
XcLeft	
Lob	

SEPT. 22	CONFIDENCE
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“Believing is seeing”

Conditioning: Re-evaluate conditioning level. Maintain work ethic. It is easy to lose conditioning ground at this time in the season.

Individual Goals	
VIII. Drop Shots (10x)	
<u>Shot</u>	<u>Reps</u>
1	

SEPT. 24-25	CONFIDENCE
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Perserverence/practice will build confidence.

Being fit/having a game plan/making decisions ahead of time/writing coping scripts builds confidence.

Conditioning: Quickness

Individual Goals (08/31-09/01)	
II. Serving (x5 ea ct)	
<u>Shot</u>	<u>Reps</u>
1 Flat	
2 Spin	
3 Inside	
4 Outside	