

# Smith Tennis Goals: 2003, Fall

Player Name= \_\_\_\_\_

**SEPT. 7-9 GRACE**

*"If the game of life ended today, would you be the winner?"* Jim Tressel, Head Football Coach for TheOhioState Univ.

Grace: Acceptance, forgiveness and respect for self and for others. Leadership=serving.

**Conditioning:** Core&upperbody.

**Model:** Smith player \_\_\_\_\_ (name)is a model of these attributes: \_\_\_\_\_

Individual Goals		
IV. Volleys (x10 ea ct)		
	Shot	Reps
1	SvBxLeft	
2	SvBxRt	
3	SliceD/line	
4	Offense	

**SEPT. 11-12 GRACE: Encouragement and Forgiveness.**

Challenge and support each Smith player to be her best. Come alongside EVERY team member with encouragement.

**Conditioning:** Get to EVERY ball; let no ball pass untouched! Acceleration/power

Individual Goals		
V. Overheads (10x ea ct)		
	Shot	Reps
1	Outside	
2	Power	
3	Bounce	
4		

**SEPT. 15-17 DISCIPLINE: Rituals/Routines/Goals**

*"Discipline protects Athletes"* -J. Loehr

Do you have a plan? Are you prepared.? Do you have two rackets strung recently?

**Conditioning:** Agility

Individual Goals		
VI. Approach (10x)		
	Shot	Reps
1	D/Line	
2	Mid-Air	
3	Lob	