

Oct. 8-9 FUN: How is your sense of humor mid-season??

Flexibility/adaptability

Take a RISK! Step out of comfort zone to grow and learn.

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

Oct. 15-16 ATTITUDE OF GRATITUDE

List your blessings before listing challenges and problems.

Conditioning: Recovery and rest

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

Oct. 22-23 PREPARATION: Physical/mental/emotional

"Chance favors the prepared mind." - [Louis Pasteur](#)

Individual Goals (10/22-10/23)				
	II. Serving (x5 ea ct)		III. Service returns (5x ea ct)	
	Shot	Reps	Shot	Reps
1	Flat		XcDeep	
2	Spin		XcShort	
3	Inside		D/Line	
4	Outside		Lob	
5			Rise	