

MESA REGAL TENNIS CLUB

GOAL SETTING

Your Name: _____ Your Team _____

MY TENNIS PERFORMANCE GOALS:

Write down three (3) tennis performance goals and give them to your coach no later than NEXT practice. Periodically you will be asked to review your goals and develop specific strategies to meet these goals.

Make sure your goal is SPECIFIC, can be measured, and is difficult enough to challenge you, but is still attainable. Goals can be short term, long term, and/or ultimate.

Example # 1: I will serve 4 out of 5 of my first serves in.

Example # 2: I will develop a deep, cross-court return of service 4 out of 5 serves.

Example # 3: I will communicate with my partner at least once each game.

1.
2.
3.

Date: _____



Setting Performance Goals