



12 yrs. + Player Goal Setting Worksheet

Ball colour: _____

I, _____ commit myself to giving my best effort to achieve the following goals for this tennis coaching term.

This agreement with myself will start on _____.

Technical goals

1. _____
2. _____
3. _____
4. _____

Physical goals

1. _____
2. _____
3. _____
4. _____

Mental goals

1. _____
2. _____
3. _____
4. _____

Match Play/ Competitive goals

1. _____
2. _____
3. _____
4. _____

The **obstacles** that possibly could stop me achieving these goals are;

So I will try to **overcome** these by;
