

Smith Tennis Goals: Name= _____ Date= _____

Weekly date Spring, 2003

Emphasis: .

Conditioning:

Team Goal:

Individual Goals						
	I. Baseline Consistency (x10)		II. Serving (x5 ea ct)		III. Service returns (5x ea ct)	
	Shot	Reps	Shot	Reps	Shot	Reps
1	XcFH		Flat		XcDeep	
2	XcBH		Spin		XcShort	
3	D/Line		Inside		D/Line	
4	Drob		Outside		Lob	
5					Rise	

	IV. Volleys (x10 ea ct)		V. Overheads (10x)		VI. Approach (10x)		VII Passing Shots (10x)		VIII Lobs	
	Shot	Reps	Shot	Reps	Shots	Reps	Shots	Reps	Shots	Reps
1	SvBxLeft		Outside		D/Line		D/Line		Tpspn	
2	SvBxRt		Power		Mid-Air		XcRt		Slice	
3	SliceD/line		Bounce		Lob		XcLeft		Def	
4	Offense						Lob			

Strength & Conditioning Progress								
	Exercise: Name	Fitness Eval Date & Measure						
		Base Line	Milestone					
		02/18	02/25	03/04	03/11	03/18	03/25	04/01
1	SuperSlow Liftng							
2	Push ups							
3	Sit up curls							
4	Svc Line Touch							
5	Spider Drill							
6	20 yd dash							
7	Sit & Reach							
8	Sideways Shuffle							

Intra-Team Competition			
Opponent Name	Date	Match Won- scores	Match Lost- scores