



# THE ULTIMATE TENNIS PLANNER

*For Coaches, Teams, Parents and Players*



# 3 FOCUS GOALS

***MY TOP GOALS FOR THIS SEASON***

**1**

**2**

**3**



# MONTHLY GOALS

**MONTH & YEAR**

**WEEK 1**



**WEEK 2**



**WEEK 3**



**WEEK 4**



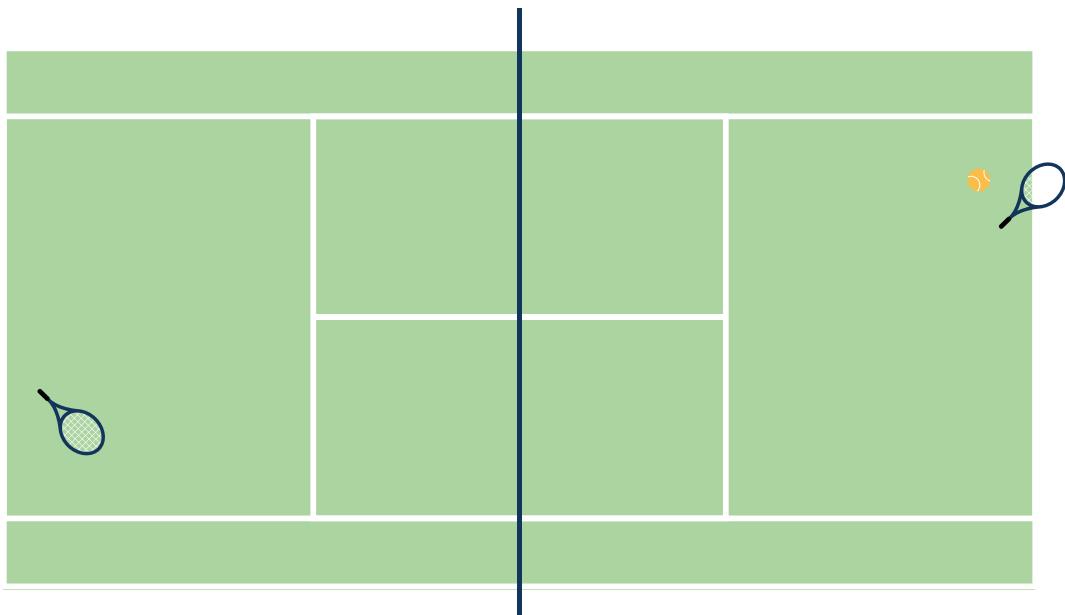


# TRAINING SCHEDULE

	AM	PM
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		



# PLAY ANALYSIS



**WHAT DID I DO WELL?**

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**WHAT DO I NEED TO IMPROVE?**

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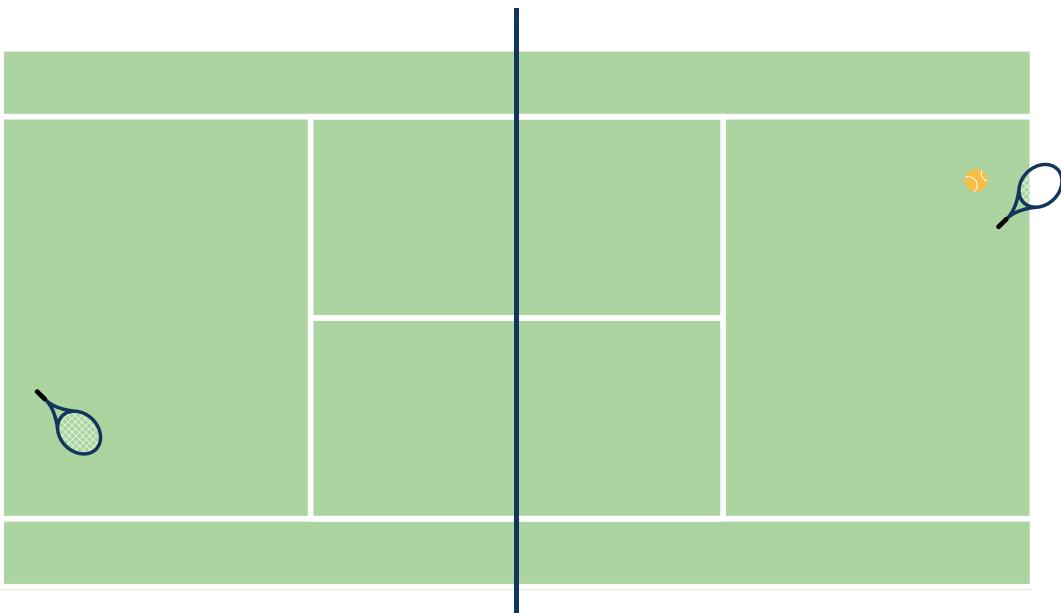
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# DRILL TRACKER

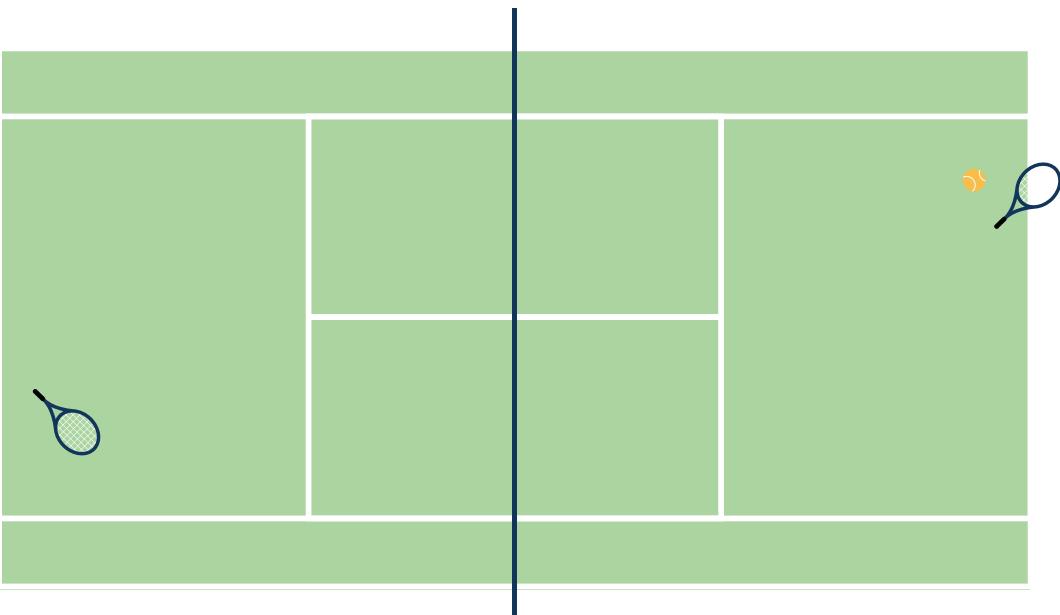
## INSTRUCTIONS



## NOTES



# MATCH NOTES



## **MATCH NOTES & FEEDBACK**

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# PLAYER EVALUATION

**MATCH**

**VS**

**NAME**

**DATE**

## TECHNICAL ABILITY

Serve	☆☆☆☆☆
Forehand	☆☆☆☆☆
Backhand	☆☆☆☆☆
Volley	☆☆☆☆☆
Technique	☆☆☆☆☆

## MENTAL

Composure	☆☆☆☆☆
Commitment	☆☆☆☆☆
Decisions	☆☆☆☆☆
Motivation	☆☆☆☆☆
Concentration	☆☆☆☆☆

## PHYSICAL

Endurance	☆☆☆☆☆
Speed	☆☆☆☆☆
Agility	☆☆☆☆☆
Strength	☆☆☆☆☆

## TACTICAL AWARENESS

Positioning	☆☆☆☆☆
Awareness	☆☆☆☆☆
In Attack	☆☆☆☆☆
In Defense	☆☆☆☆☆

## KEY TAKEAWAY

**1**



# OPPONENT ANALYSIS

## PRE-MATCH

VS

NAME

DATE

### STRENGTH

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### TECHNICAL ABILITY

Serve	★★★★★
Forehand	★★★★★
Backhand	★★★★★
Volley	★★★★★
Technique	★★★★★

### WEAKNESSES

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### TACTICAL AWARENESS

Positioning	★★★★★
Awareness	★★★★★
In Attack	★★★★★
In Defense	★★★★★

### MY KEY STRATEGY

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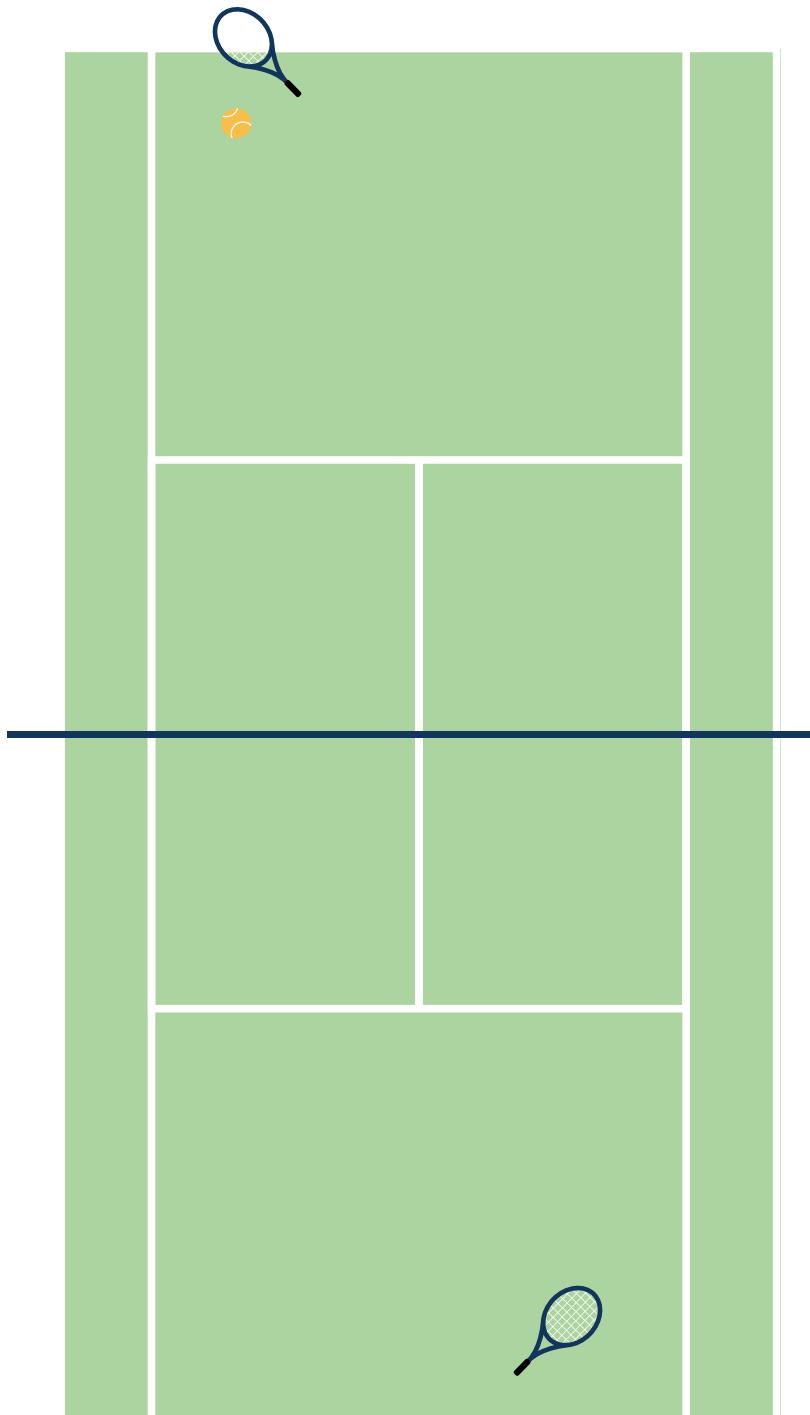
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### PHYSICAL

Endurance	★★★★★
Speed	★★★★★
Agility	★★★★★
Strength	★★★★★

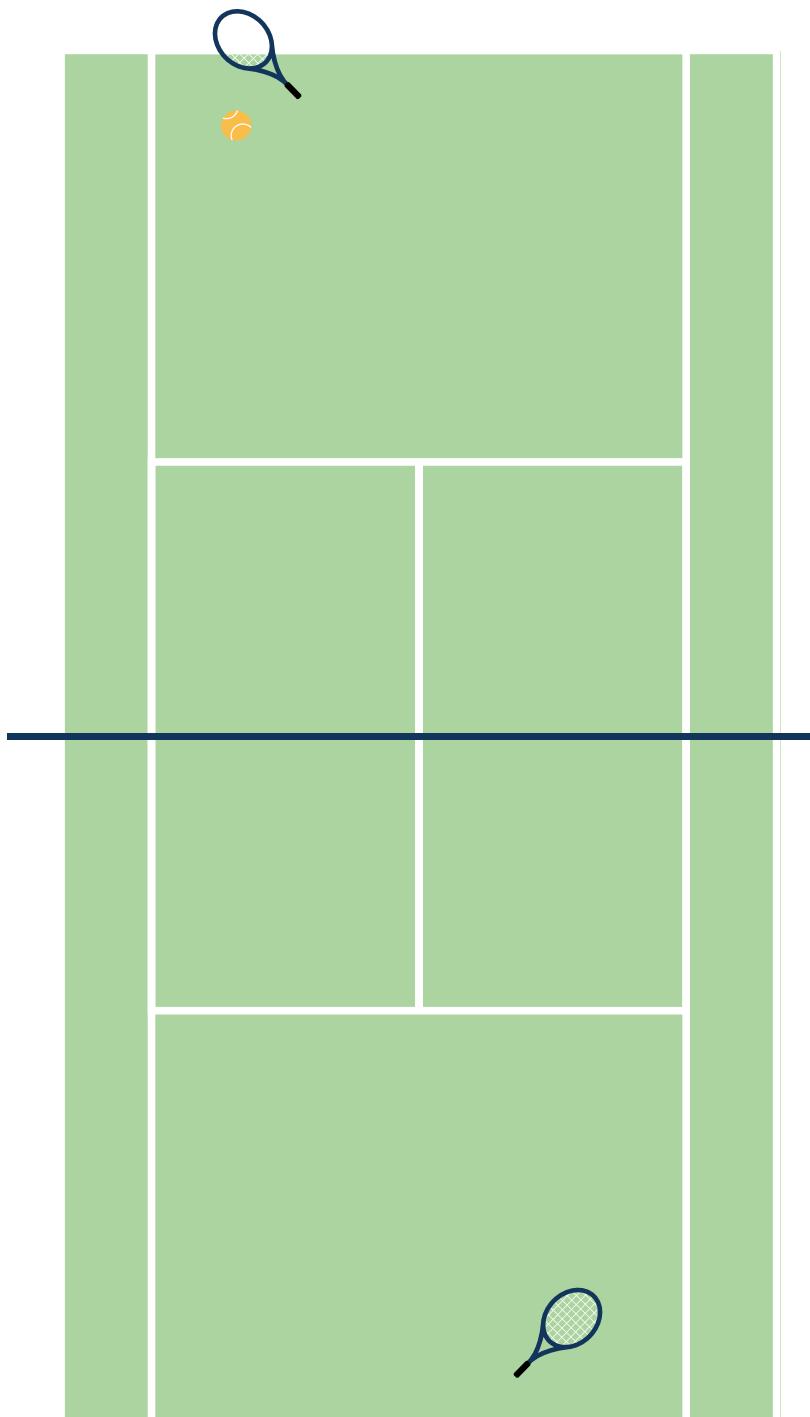


# STRATEGY





# STRATEGY 2





# THE ULTIMATE TENNIS PLANNER

***Thanks for your support!***