



# **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**



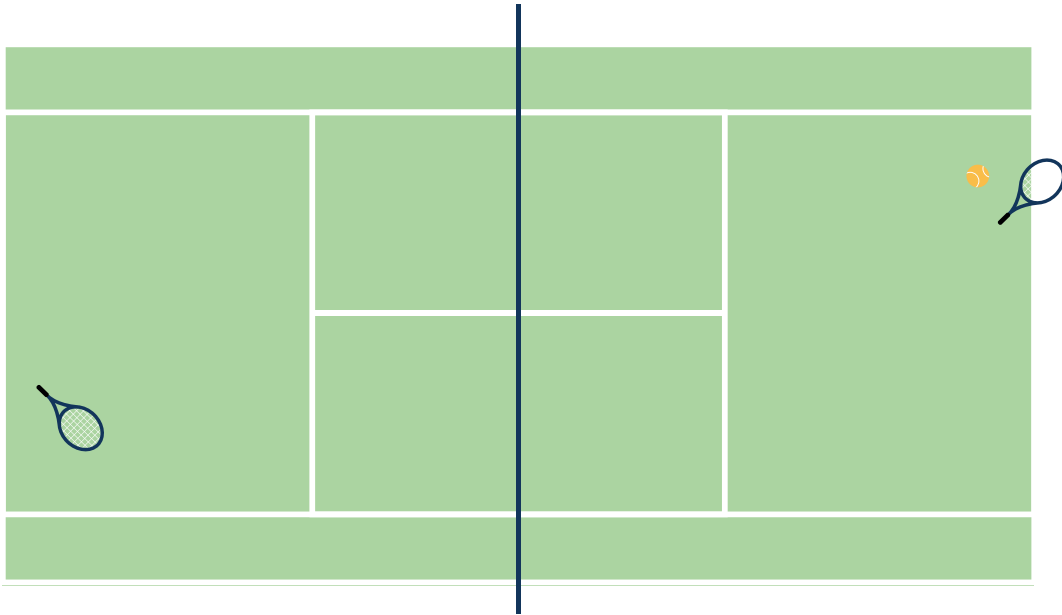


# TRAINING SCHEDULE

	AM	PM
<b>MON</b>		
<b>TUE</b>		
<b>WED</b>		
<b>THU</b>		
<b>FRI</b>		
<b>SAT</b>		
<b>SUN</b>		



# PLAY ANALYSIS



## **WHAT DID I DO WELL?**

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## **WHAT DO I NEED TO IMPROVE?**

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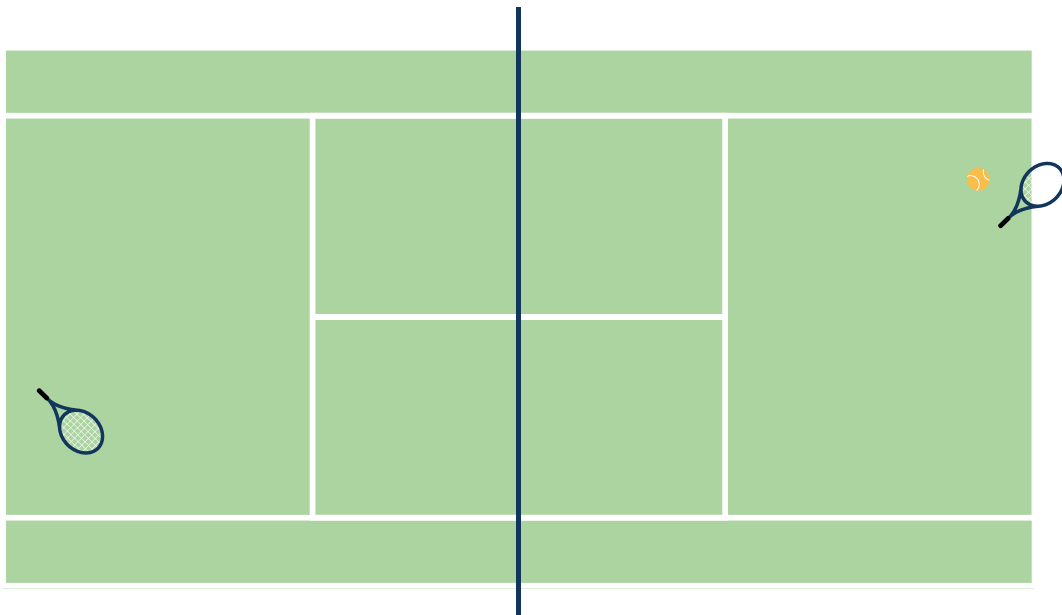
# DRILL TRACKER

## INSTRUCTIONS

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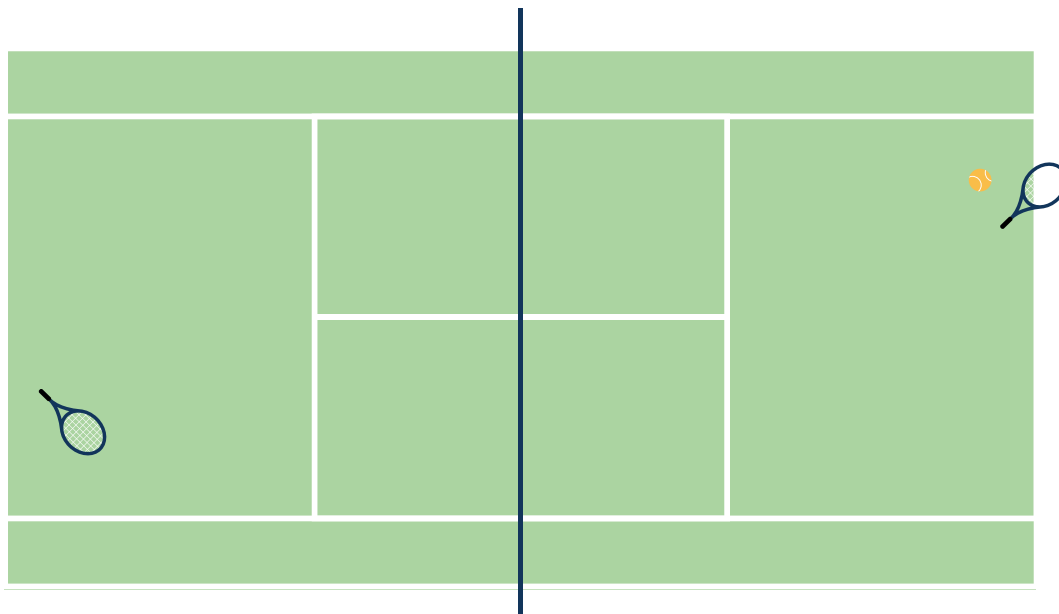
## NOTES

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# 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	☆☆☆☆☆
Strenght	☆☆☆☆☆

### 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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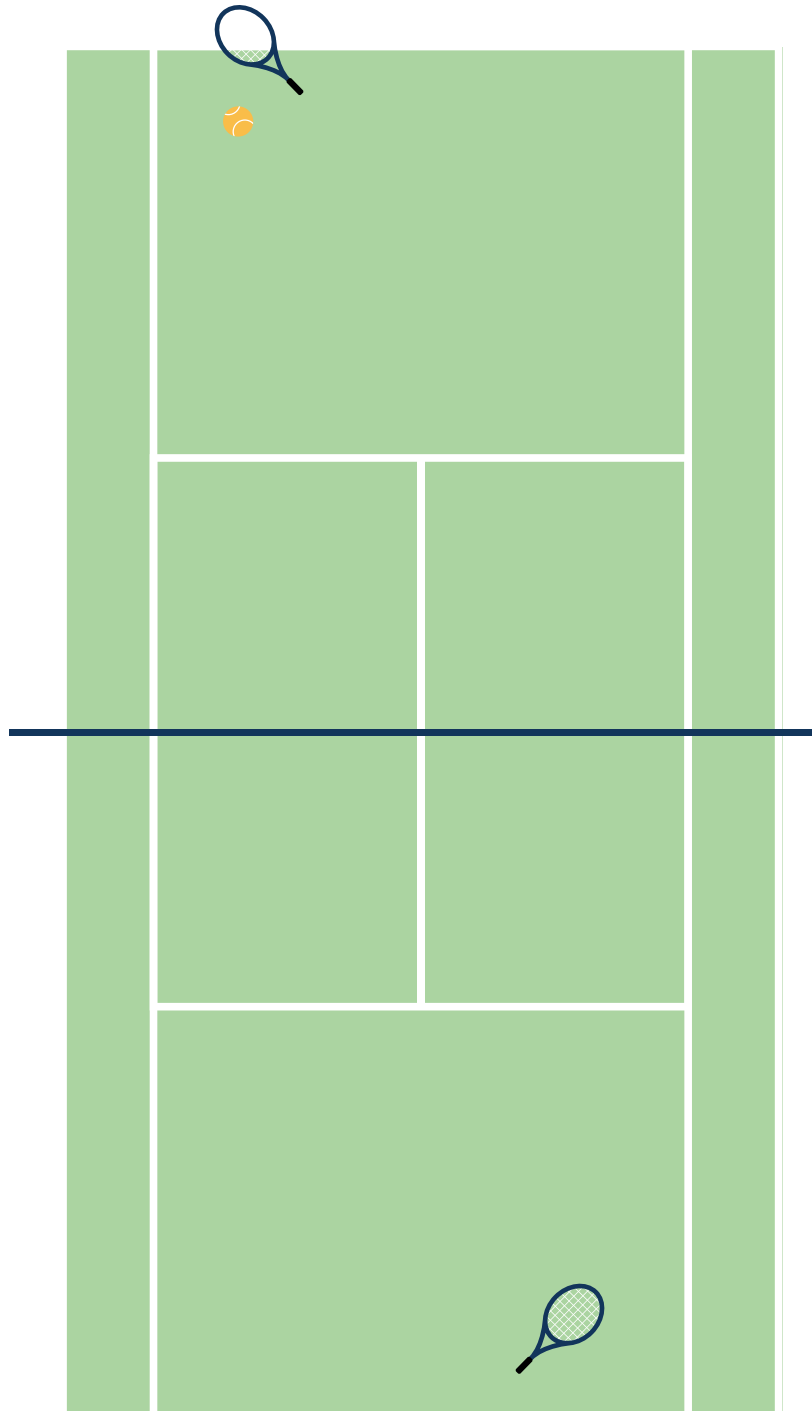
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### PHYSICAL

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

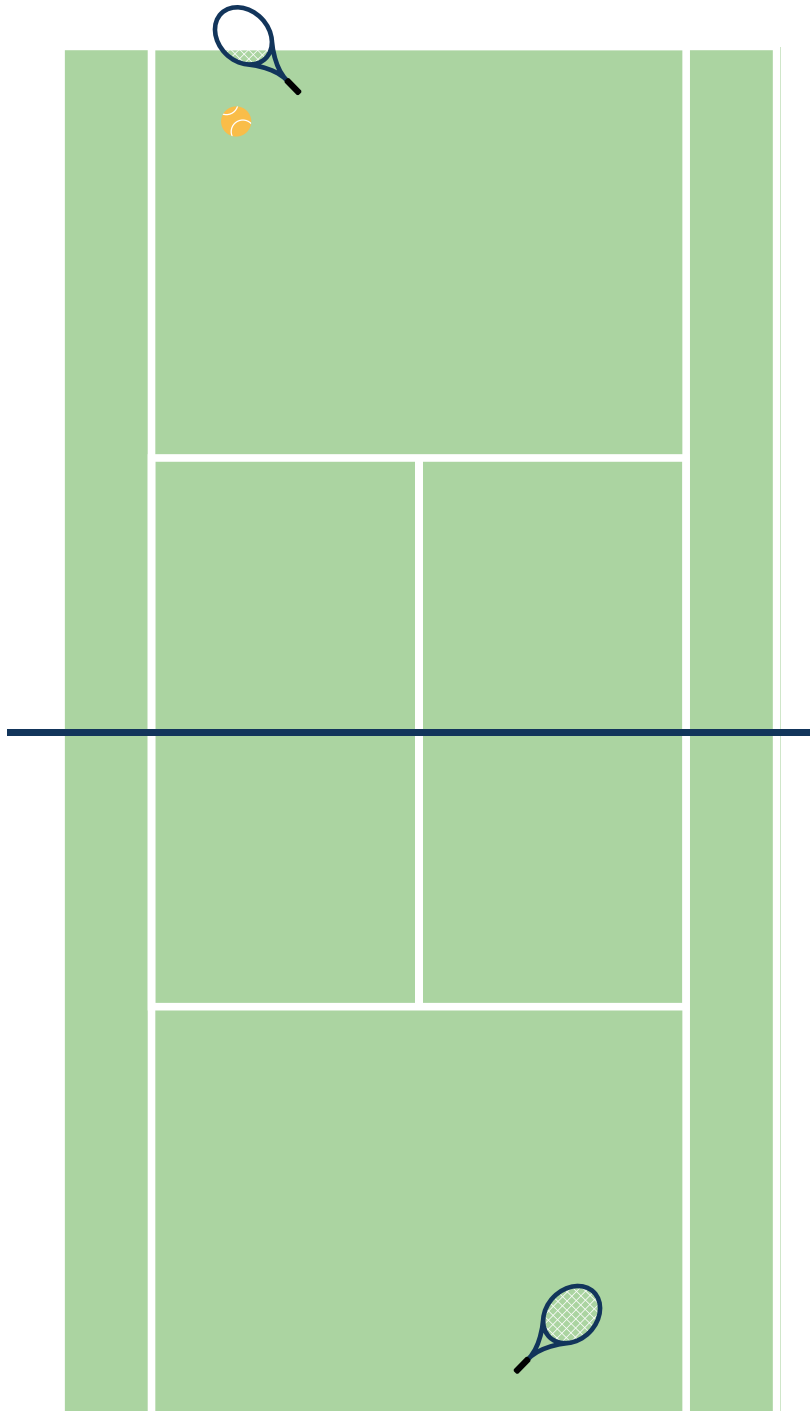


# STRATEGY





# STRATEGY 2





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***Thanks for your support!***