

GOAL SETTING SHEET

PLAYER NAME: _____

AGE: _____ DATE: _____

DEVELOPMENT BASED GOALS:

Here you want to have no more than two goals for each category and implement a game plan with your coach on how you are going to execute them. Developing a game plan based on your goals is crucial to our development as a player.

**Jack Busby
Coaching TIP:**

When writing out your goals make sure they are realistic to what you can achieve. Do not try and put in goals that you can easily achieve or ones that are out of reach. Converse with your coach. Find the perfect goals that will inspire you to take your game to the next level.

	Strategical	Mental	Technical	Physical
Short term (3 Months)				
Medium Term (6 Months)				
Long Term (12 Months)				
Dream Goal				

PERFORMANCE BASED GOALS:

Developing goals on your rating and rankings can help you heavily achieve them. There is an increased chance of you reaching your goals when you write them down. Seeing them and thinking about why your training so hard to achieve it. Your goals should be come your "WHY".

RANKING AND RATINGS GOALS: (3 Month Goals)

UTR: CURRENT _____ GOAL _____
 NRTP: CURRENT _____ GOAL _____
 NATIONAL RANKING: CURRENT _____ GOAL _____
 SECTIONAL RANKING: CURRENT _____ GOAL _____
 ITF RANKING: CURRENT _____ GOAL _____
 ATP/WTA RANKING: CURRENT _____ GOAL _____

RANKING AND RATINGS GOALS: (6 Month Goals)

UTR: CURRENT _____ GOAL _____
 NRTP: CURRENT _____ GOAL _____
 NATIONAL RANKING: CURRENT _____ GOAL _____
 SECTIONAL RANKING: CURRENT _____ GOAL _____
 ITF RANKING: CURRENT _____ GOAL _____
 ATP/WTA RANKING: CURRENT _____ GOAL _____

RANKING AND RATINGS GOALS: (12 Month Goals)

UTR: CURRENT _____ GOAL _____
 NRTP: CURRENT _____ GOAL _____
 NATIONAL RANKING: CURRENT _____ GOAL _____
 SECTIONAL RANKING: CURRENT _____ GOAL _____
 ITF RANKING: CURRENT _____ GOAL _____
 ATP/WTA RANKING: CURRENT _____ GOAL _____