



TENNIS GOAL SETTING WORKSHEETS

THESE WORKSHEETS BELONGS TO:



Goal Setting Worksheet

Name: _____

Age: _____

Term (e.g. Term 1, 2025): _____

Coach: _____

Section 1: Personal Reflection

1. Reflect on Your Tennis Experience So Far:

- What aspects of your game are you most proud of?

- What do you find most challenging about tennis at the moment?

2. Motivation Check:

Why do you play tennis? (e.g. fun, competition, fitness, aiming for a certain ranking)

What makes you excited to come to training each week?

Section 2: Technical, Tactical & Physical Goals

1. Technical Goals:

- Identify one or two specific strokes or techniques you want to improve this term. (For example, "Improve second serve consistency" or "Develop a stronger forehand approach shot.")

Goal 1: _____

Goal 2: _____



2. Tactical Goals:

- Consider how you play points and matches. What tactical areas would you like to work on? (e.g. "Learn to construct points more effectively" or "Improve my decision-making under pressure.")

Goal 1: _____

Goal 2: _____

3. Physical/Movement Goals:

Think about your fitness and court movement. (e.g. "Increase foot speed and agility" or "Improve endurance to maintain intensity throughout training and matches.")

Goal 1: _____

Goal 2: _____

Section 3: Mental Training & Personal Growth Goals

1. Mental Toughness Goals:

- Reflect on your mindset during training and matches. What mental qualities do you want to develop? (e.g. "Use positive self-talk after errors," "Stay calm under pressure," "Bounce back quickly from setbacks.")

Goal 1: _____

Goal 2: _____

2. Respect & Self-Values:

- How will you show respect for yourself, your coaches, and your teammates?



- How will you acknowledge and address negative thoughts when they arise, and instead choose a more positive path?

Section 4: Action Steps & Support

1. Action Steps:

- For each goal you've listed above, write down at least one action step you will take to work towards it. For example, "Practise 10 extra serves after each session," "Use a specific breathing technique when feeling nervous," or "Watch a short video of good footwork drills each week."

Example:

- Technical Goal (Second Serve): Practise 10 second serves at the end of each training session focusing on smooth rhythm and proper toss.

Your Action Steps:

2. Resources & Support:

- Who can help you reach these goals? (e.g. Coach, parents, teammates, high-level player visit, online resources.)



- What will you ask them to do to support you? (e.g. "Ask my coach for specific feedback on my serve weekly" or "Have my parents help me stick to my practice routine at home.")

Section 5: Set a Mid term Check-In:

- We will review these goals halfway through the term. Note down what success will look like by then. (e.g. "By mid-term, I'd like to be hitting 7 out of 10 second serves into the service box under mild pressure.")

Coach's Initial Comments (To be completed by the Coach)

- Coach's Observations:

- Areas of Immediate Focus:

- Suggested Adjustments (if any):

Student & Parent Acknowledgement

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

By signing, I acknowledge that I have set these goals with honest thought and I am committed to working towards them. I understand these goals will guide my training, and I will review them with my coach mid-term and at the end of the term.

