



# TOURNAMENT TRAINING POINT SET

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Shoots and scores.....

## **GOOOOOOAAAAAALLLLLLL!**

It is a proven fact that people who write down their goals are much more successful at achieving those goals than people who don't. The moment you write down these goals, it is as if you are making a promise to yourself.

Make sure that your goals are precise and measurable.

'I want to crack the top 50 in my age group by year's end' instead of 'I want to get better'.

Your goals should be out of reach enough to make you excited to work hard, but realistic enough, so that you're not dreaming.

'I want to improve my serve speed from 80 mph to 90 mph this year' instead of 'I want to break Andy Roddick's record serve of 155 mph'.

Start with a longer term goals.

- To reach a certain ranking in 2010
- To play a certain amount of matches this year
- To break a 7.00 minute mile
- To get seeded at Nationals at Kalamazoo this summer
- To clock 80 mph on the radar gun with my serve

Once you have committed yourself to these longer term goals, start breaking them down into shorter term goals on your way to reach them.

It is very important that you share your goals with the people that are going to support you and help you reach these goals, your parents and your coach.

By sharing your goals, you are making your own commitment even stronger and you will receive the necessary support on your journey to improvement.

## **DO IT NOW!**

The first 10 players who show me their written goals, with their parents signature on it, receive a tennis prize.

Tonny