





My SMART Red Ball Tennis Goals!

 Player's Name: _____  Date: _____

My Big Goal!

 Example: "Hit the ball 5 times in a row on the run on both forehands and backhands!"

 My Goal: _____

S – Specific

What do I want to get better at?

- Hitting the ball over the net
- Running fast to the ball
- Serving the ball over the net
- Other: _____

M – Measurable

How will I know if I've done it?

- Count how many I get
- My coach/parent cheers for me
- I can show my friend or family

A – Achievable

Can I do it if I practice?

- Yes, I can!
- I need a little help, but I'll get there!

 **R – Relevant** 

“Why does it matter to me?”

- I can play more rallies
- I’ll have more fun with friends
- I’ll win more points
- Other: _____

 **T – Time** 

When do I want to do it by?

- This week
- In 2 weeks
- By the end of the month
- Other: _____

 **My Steps to Practice**

(Draw or write with help!)


1. _____
2. _____
3. _____

 **My Reward** 

When I do it, I will:

- High-five my coach/parent
- Put a sticker on my chart
- Get a fun treat
- Other: _____

 **Progress Tracker** 

 Color in a red tennis ball each time you practice!

