

FOFTA Example: SMART Goal

Use this sample to model your own FOFTA Goal Sheet. Start with your long-term HOPE, then write a SMART goal and an Action Plan that makes the measurable result happen.

HOPE (Long-Term Vision) — Example

"I want to earn a spot on JV next spring and improve my all-court game."

Typical Time Frames

Long-term Goals: 12-24 weeks

Mid-term Goals: 6-12 weeks

Short-term Goals: 2-4 weeks

SMART Goal — Worked Example (short-term – 2 to 4 weeks)

 S — Specific	Increase my backhand cross-court consistency during rallies.
 M — Measurable	Achieve 8 out of 10 backhand crosscourt balls in, from baseline to baseline at moderate pace.
 A — Achievable	I currently hit 5/10; with 3 focused practices/week plus coaching feedback, 8/10 is realistic.
 R — Relevant	A steadier backhand will help me win more baseline exchanges and support my HOPE of making JV.
 T — Time-bound	Reach 8/10 by October 15.

Action Plan — Example Snapshot

Practice steps that make the measurable result happen:

- Drills (2x/week): 1) Crosscourt backhand rally to big target (15-ball sets). 2) Backhand alley consistency (10-ball feeders). 3) Live point starts with a backhand feed.
- Footwork (2x/week): Split-step + crossover recoveries; 4 sets × 30 seconds.
- Video & Checkpoint (1x/week): Record 1 set; tally make/miss to update 8/10 metric.
- Habits: 8 hours of sleep, 10-minute band work post-practice, hydration log.