



2024 ANNUAL OBJECTIVES

ATHLETE NAME :

1. PERFORMANCE OBJECTIVES:

- ITF ranking objective by Oct 31 2024:
- Tournament results: wins or rounds reached:
- # of wins over higher ranked players:
- Other:

2. TACTICAL: (situations on the court: serve, return, serve+1, return +1, etc.)

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3. TECHNICAL (grip, set-up, impact point, racquet path etc.) *technical considerations should always link back to tactical situations. I.e if you indicated under 2. that your return needs improvement, please indicate what technical changes are required to make those improvements*

4. PHYSIOLOGICAL (strength, power, endurance, mobility, acceleration)

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5. PSYCHOLOGICAL (focus, emotional control, work ethic, resilience, etc.)

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