Page 1 · First Three Shots Tracker

From: The Match Inside the Match — How to Read What's Really Happening on Court

How to use it
Chart six points. Take the most repeatable pattern to your next hit.

Name: _____ Date: _____ Court / event: _____

Pt	Serve direction	Return forced server… (back / side / neither)	Third shot — what happened	Pattern?

From the article — the three checks

- ☐ Chart the direction of the serve.
- ☐ Mark whether the return forced the server backward or sideways.
- ☐ Compare the third shot with what happened earlier in the set.

After the match: write one pattern that helped you and one that put you under pressure. Turn the second into a drill.

Notes

Page 2 · Off-Season Planner

From: Does Tennis Have an Off-Season? How to Build One Into Your Year

How to use it

Put this beside your calendar and reserve the first two practice sessions.

Name: _____ Date: _____ Court / event: _____

Week	Job (rest / one habit / points)	Session planned	Done ✓	What carried into scored play

From the article — the three checks

- ☐ Mark your last competitive match and your next priority date.
- ☐ Schedule one easy hit and one practice for the chosen skill.
- ☐ Keep a short note on what carried into scored play.

The one habit I am changing this break: _____

Notes

Page 3 · Practice-to-Match Scorecard

From: Five Tennis Drills That Transfer From Practice to Match Day

How to use it

Test one drill against two different return or feed patterns. Score shot selection and point outcome separately.

Name: _____ Date: _____ Court / event: _____

Drill	Feed / reply A	Selection /10	Outcome /10	Feed / reply B — selection / outcome

From the article — the three checks

- ☐ Start with two possible replies.
- ☐ Score shot selection and point outcome separately.
- ☐ Change the starting score after the player can read both replies.

Drill that transferred best: _____ *Starting score to use next time:* _____

Notes

Page 4 · Junior Tournament Travel Sheet

From: Florida Junior Tennis in November and December 2026 — Eddie Herr, Orange Bowl, and Junior Orange Bowl

How to use it

Fill this in from the official draw, sign-in notice, and order of play.

Name: _____ Date: _____ Court / event: _____

Item	Detail (from official sources)
Event & division	
Venue & surface	
Sign-in time & place	
First match — date / time / court	
Order-of-play check (that morning)	
Player or pattern to watch	
One idea for my own game	
Bag packed: racquets / shoes / food /	

From the article — the three checks

- ☐ Check the match site and order of play that morning.
- ☐ Let the junior pick the player or pattern to watch.
- ☐ Record one idea that applies to their own game.

Hotel / travel notes: _____

Notes

Page 5 · Match-Day Fuel Log

From: What to Eat Before, During, and After a Tennis Match

How to use it

Test two familiar options and pack the one that sat well when your start time changed.

Name: _____ Date: _____ Court / event: _____

When	Option A — what I ate / drank	How it sat	Option B	How it sat
2–4 hrs before				
Changeovers				
Between matches				
After / recovery				

From the article — the three checks

- ☐ Pack a familiar snack for a brief delay.
- ☐ Keep a more substantial option for a long break.
- ☐ Note the actual start time in your fuel log.

Actual start time: _____ Delayed? _____ Winner for match day: _____

Notes

Page 6 · Court-Day Recipe Planner

From: Five Easy Recipes for Athletes Who Spend the Day at the Courts

How to use it

Pick two recipes and give both a trial run on your next practice day.

Name: _____ Date: _____ Court / event: _____

Recipe	Make ahead?	Pack how	Short or long break	Verdict (keep / adjust / drop)
Overnight oats				
Honey-banana roll-up				
Turkey-hummus wrap				
Recovery rice bowl				
Berry smoothie				

From the article — the three checks

- ☐ Short break: cut the banana roll-up into two portions.
- ☐ Long break: pack the wrap in a chilled container.
- ☐ Dinner after play: have the rice bowl components ready at home.

Shopping list: _____

Notes

Page 7 · Between-Point Reset Card

From: Mental Toughness in Tennis Is What You Do After a Bad Point

How to use it

Take this into a practice tiebreak and mark the points where you used your cue.

Name: _____ Date: _____ Court / event: _____

Point	What went wrong (5 words max)	Reset used? ✓	My cue word	Next point — focused? ✓

From the article — the three checks

- ☐ Use a neutral cue after a miss.
- ☐ Confirm the target or formation if it has changed.
- ☐ Review the pattern when you have time to talk.

My 20-second reset: back fence → exhale → name the error in five words → pick one cue → play.

Notes

Page 8 · Five-Minute Visualization Card

From: A Five-Minute Tennis Visualization Routine for the Points That Get Away From You

How to use it

Use this card tonight, then put the same pressure point into tomorrow's practice.

Name: _____ Date: _____ Court / event: _____

Minute	Rehearse	Done ✓
1 — Settle:		
2 — Your		
3 — Your		
4 — The		
5 — An error,		

From the article — the three checks

- ☐ Picture the first movement before contact.
- ☐ Rehearse one reply that takes you out of position.
- ☐ Finish with a cue you can use at match speed.

My cue for match speed: _____

Notes

Page 9 · Three-Day Tennis Trip Planner

From: How to Plan a Tennis Trip You'll Remember After the Last Match

How to use it

Complete this before you book your anchor lesson, clinic, or match session.

Name: _____ Date: _____ Court / event: _____

Day	Anchor experience	Second session (optional)	Off-court / weather-proof plan	Booked ✓
Day 1				
Day 2				
Day 3				

From the article — the three checks

- ☐ Confirm the surface and booking policy.
- ☐ Share the plan and costs with the whole group.
- ☐ Keep one weather-proof activity nearby.

Costs shared with the group: _____ Anchor booked for: _____

Notes

Page 10 · Rain-Day Court Status Log

From: When Are the Tennis Courts Ready After Rain? The Case for Court-by-Court Updates

How to use it
For club staff: record advisories and reopening decisions, court by court.

Name: _____ Date: _____ Court / event: _____

Court #	Surface	Status (ready / drying / check first)	Confirmed by	Time	Next check

From the article — the three checks

- ☐ Make the court number visible.
- ☐ Record who confirmed the status and when.
- ☐ Post the next check-in time when available.

Players: check your assigned court's published status before leaving — staff make the opening call.

Notes

Page 11 · First Padel Session Card

From: Padel for Tennis Players — Let the Glass Do Some of the Work

How to use it

Take this to your introductory session and ask for six feeds off the back glass.

Name: _____ Date: _____ Court / event: _____

Feed #	Called “glass”? ✓	Let it rebound? ✓	Lob to win the net? ✓	Note

From the article — the three checks

- ☐ Choose a clear call for a wall rebound.
- ☐ Give the receiver enough room to play it.
- ☐ Move forward together only when the next position is available.

Biggest tennis habit to unlearn today: _____

Notes

Page 12 · First Pickleball Game Card

From: Pickleball for Tennis Players Over 50 — Make the Kitchen Your First Lesson

How to use it
Use this for one game focused on the bounce rule and a balanced approach.

Name: _____ Date: _____ Court / event: _____

Rally	Two-bounce rule kept? ✓	Third shot — drop or drive	Arrived balanced at kitchen? ✓	Note

From the article — the three checks

- ☐ Return toward a large, deep target.
- ☐ Wait for the return to bounce when your team served.
- ☐ Stop and settle before the opponent strikes.

Kitchen rule reminder: no volleys with a foot in the non-volley zone — arrive balanced, not first.

Notes

Page 13 · Defense-to-Attack Drill Card

From: Spanish Tennis Coaching — Train the Decision Before the Swing

How to use it

Compare ten variable feeds with ten live points at 30–30. Call “attack” or “build” before contact, and score the decision separately.

Name: _____ Date: _____ Court / event: _____

Ball	Incoming ball (deep / short / wide)	Call (attack / build / defend)	Decision right? ✓	Shot landed? ✓

From the article — the three checks

- ☐ Defend with a target that buys time.
- ☐ Build when the incoming ball gives you balance and room.
- ☐ Attack when your contact and the opponent's position support it.

Feeds score — decisions: ____/10 Live 30–30 points — decisions: ____/10

Notes

Page 14 · Ambidextrous Serve Scout Sheet

From: Teo Davidov's Two Forehands — What Changes When a Tennis Player Can Serve With Either Hand?

How to use it
Chart a complete Davidov service game wherever match footage is available.

Name: _____ Date: _____ Court / event: _____

Point	Serving hand (L / R)	Service court	Returner's position at contact	Next ball moved Davidov… (fwd / back / side)

From the article — the three checks

- ☐ Note the service court and serving hand.
- ☐ Mark the returner's position at contact.
- ☐ Record whether the next ball made Davidov move forward, back, or sideways.

What changed when the serving hand changed? _____

Notes