

EXCELLENCE STARTS WITHIN



NOTEBOOK

How to use it



1 Pick a sheet

Before practice, a match, or at the end of the day.



2 Write it

Take 5 minutes to answer each question honestly.



3 Snap it

Scan the QR code and upload it in the Inner Ace app.



4 Share it

Your coach and parents see it, with your permission.

Get the Inner Ace App



You can complete every sheet in the notebook or in the app.

Self-Evaluation

Date: / /

On-Court Skills

STRIKING

Forehand	1	2	3	4	5	6	7	8	9	10
Backhand	1	2	3	4	5	6	7	8	9	10
Volleys	1	2	3	4	5	6	7	8	9	10
Serve	1	2	3	4	5	6	7	8	9	10
Return	1	2	3	4	5	6	7	8	9	10

FITNESS

Movement	1	2	3	4	5	6	7	8	9	10
Endurance	1	2	3	4	5	6	7	8	9	10
Power	1	2	3	4	5	6	7	8	9	10
Speed	1	2	3	4	5	6	7	8	9	10

TRANSITION

Defending	1	2	3	4	5	6	7	8	9	10
Neutralizing	1	2	3	4	5	6	7	8	9	10
Attacking	1	2	3	4	5	6	7	8	9	10
Finishing	1	2	3	4	5	6	7	8	9	10

TECHNIQUE

Technique	1	2	3	4	5	6	7	8	9	10
Touch	1	2	3	4	5	6	7	8	9	10

TACTICS

Game IQ	1	2	3	4	5	6	7	8	9	10
Strategy	1	2	3	4	5	6	7	8	9	10

FORMAT

Singles	1	2	3	4	5	6	7	8	9	10
Doubles	1	2	3	4	5	6	7	8	9	10



My Goals

Date: / /

1

SKILL _____

SMART GOAL _____

HOW OFTEN
_____ times / week

WHEN
☐ Before practice ☐ During practice
☐ After practice ☐ Off day

2

SKILL _____

SMART GOAL _____

HOW OFTEN
_____ times / week

WHEN
☐ Before practice ☐ During practice
☐ After practice ☐ Off day

3

SKILL _____

SMART GOAL _____

HOW OFTEN
_____ times / week

WHEN
☐ Before practice ☐ During practice
☐ After practice ☐ Off day



Routines

- The best players in the world run routines
 - Same steps, same order, every time
 - A routine calms your mind under pressure
 - Your body does what it trained to do
-

UNLOCK THIS ACHIEVEMENT



The Professional

Snap all 8 routine sheets in the Inner Ace App

Practice Prep

- Fill it before you train
- Set one game and one mental focus
- Plan what you'll do when it gets tough

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The Sharpshooter

Snap 10 Practice Prep sheets in the Inner Ace App

My game focus

Ex: Bend the knees and stay lower during the rally.

My mental focus

Ex: Use my reset routine after getting angry.

My plan when it gets tough

Ex: If my focus slips away, then I give myself instructions out loud.

IF

THEN I



Match Prep

- Fill it the day before you compete
- Write your Plan A and Plan B
- Set your game and mental goals
- Visualize your performance

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The Strategist

Snap 10 Match Prep sheets in the Inner Ace App

Match Prep

Date: / /

EVENT	OPPONENT(S)

My game plan

Ex: Plan A: big targets and consistent. Plan B: use more variation.

PLAN A	PLAN B

My game goals

Ex: Start the match playing safe and to big targets.

1

2

My mental goals

Ex: Always use my changeover routine.

1

2

How do I want my opponent to feel playing against me?

Ex: Like every point is a battle and I never give up.



Match Review

- Fill it right after the match
- Rate your effort and your game plan
- Write what you're happy about
- Pick what to fix for your next match

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The Analyst

Snap 10 Match Review sheets in the Inner Ace App

Match Review

Date: / /

EVENT	OPPONENT(S)
SCORE	RESULT (CIRCLE ONE)
	Win Loss

Game effort

1	2	3	4	5	6	7	8	9	10
Low									Max

Mental effort

1	2	3	4	5	6	7	8	9	10
Low									Max

How well did I stick to my game plan?

1	2	3	4	5	6	7	8	9	10
Not at all									Completely

What am I happy about?

Ex: I stayed aggressive on the big points.

What do I want to fix for my next match?

Ex: Use my routine after losing a game.





Daily Check-in

- Fill it once a day
 - Rate how you feel
 - Write a small win
 - Clear your mind
-

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The Unshakable

Snap 10 Daily Check-ins in the Inner Ace App

Daily Check-in

Date: / /

How do I feel today?

1

2

3

4

5

6

7

8

9

10

RoughGreat

What's a small win from today?

Ex: Helped a friend with something.

What's on my mind?

Anything outside my sport: friends, family, events...

