

Individual Goal Sheet

Name: _____

Week #

Next Goal

Dribbling

right arm							
left arm							
alternating							

Passing

self							
Partner							
Target							

Setting

self - 1							
self - 2							
self - 3							
partner							

Vertical Jumping

Standing Reach							
Block Jump							
(Block vertical)							

Attack Jump							
(Attack vertical)							

Skill Goals

Serving	
Passing	
Attacking	
Defense	