



## SET Level Playbook



USTA/National Junior Tennis & Learning  
70 West Red Oak Lane  
White Plains, New York 10604, USA  
Phone: 914-696-7088  
Website [www.usta.com/njtl](http://www.usta.com/njtl)

# CONGRATULATIONS ON COMPLETING THE SET CHALLENGE!

This is to certify that

\_\_\_\_\_

(write your full name above)

has met the following requirements for NJTL's  
First Serve Life Skills Curriculum SET Challenge:

- Completed all life skills lessons
- Completed all Playbook activities
- Passed an instructor evaluation of life skills
- Completed all tennis lessons
- Participated in a tennis challenge

\_\_\_\_\_

(signature of teacher or coach)

Date: \_\_\_\_\_



# MY FIRST SERVE PLAYBOOK SET LEVEL

My name is \_\_\_\_\_ .

I go to \_\_\_\_\_ School.

I am in the \_\_\_\_\_ grade.

I joined NJTL at

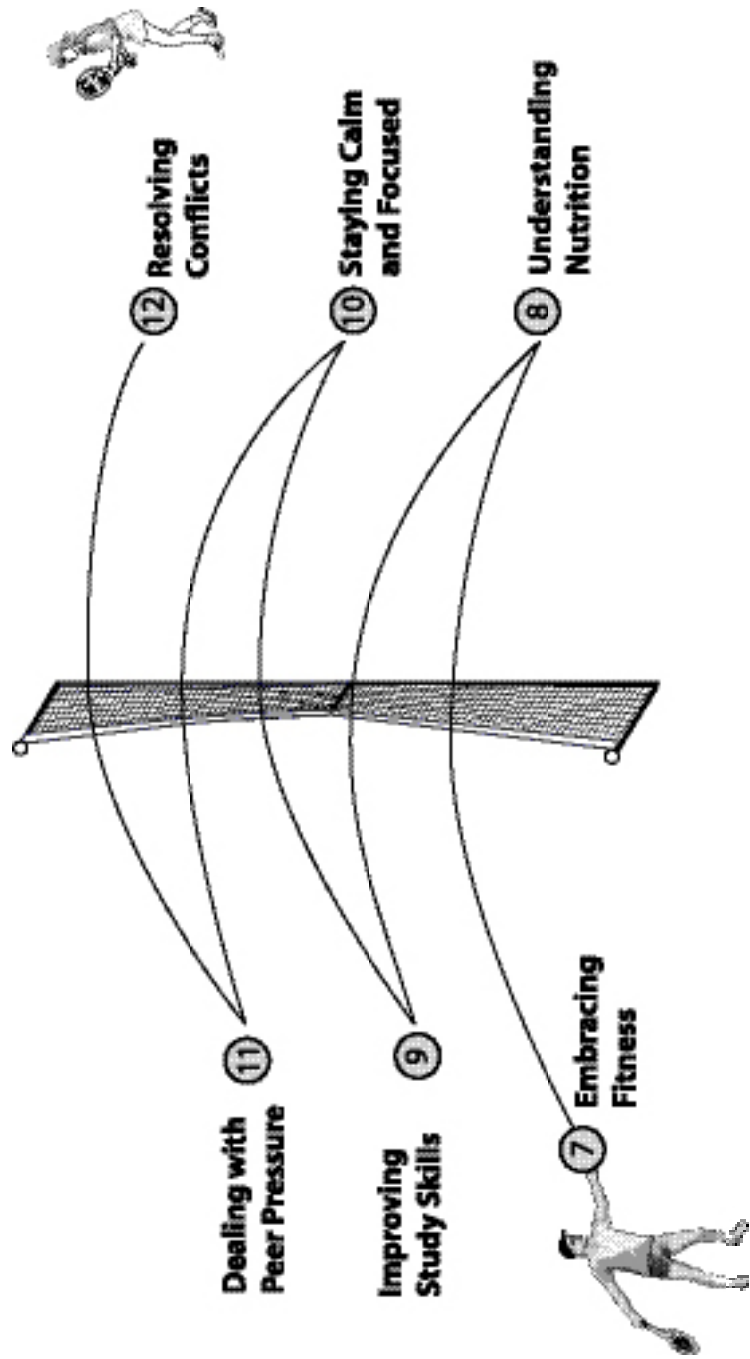
\_\_\_\_\_

(site location)

on \_\_\_\_\_

(write in today's date)





# NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# SET LEVEL LIFE SKILLS

- How to stay in shape and why it is important
- How good nutrition supports tennis and a healthy lifestyle
- How to stay calm and focused, instead of getting angry
- How to improve study skills and perform better in school
- How to deal with peer pressure in positive ways
- How to resolve conflicts without fighting

While you practice your tennis!



## BENEFITS OF WARMING UP

- Energy: Helps me feel focused and energized as I get ready to practice or play
- Heart: Gets my heart pumping, sending blood to my muscles and other organs
- Lungs: Gets me breathing faster and deeper, getting oxygen around my body
- Muscles: Warms up my muscles, so I'm ready to play
- Joints: Stretches joints and muscles, so I remain flexible
- Injuries: Helps prevent injuries

## MY SERVE RESOLVING CONFLICT

Conflict Situation:

---

---

---

---

My Suggested Response:

Stay calm, communicate: \_\_\_\_\_

---

---

Explore choices:

#1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

Try a positive win-win solution: \_\_\_\_\_

---

---

COOPERATE FOR A PEACEFUL SOLUTION!

# RESOLVING CONFLICTS AT SCHOOL

Conflict Situation at school:

---

---

---

---

My Teams Response:

Stay calm, communicate: \_\_\_\_\_

---

---

Explore choices:

#1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

Try a positive win-win solution: \_\_\_\_\_

---

---

COOPERATE FOR A PEACEFUL SOLUTION!

# WARM-UP TIPS

Things I should do when I warm up:

- Start slow and easy
- Increase my heart rate slowly
- Warm up important muscles
- Focus on limb extension and flexibility
- Exercise both sides of my body
- Exercise muscles I use when I play tennis

Things I should not do when I warm up:

- Run fast right away
- Bounce, jerk, or force my muscles when stretching
- Lock my joints
- Swing or serve fast and hard
- Overdo exercises, on one muscle group, all at once

# TENNIS FITNESS:

SPEED, FLEXIBILITY, STRENGTH, AND ENDURANCE

If I am fast (speed), I can: \_\_\_\_\_

---

---

If I am flexible, I can: \_\_\_\_\_

---

---

If I build strong muscles, I can: \_\_\_\_\_

---

---

If I have endurance, I can: \_\_\_\_\_

---

---

Off-court exercise: \_\_\_\_\_

---

---

# RESOLVING CONFLICTS ON THE COURT

Conflict Situation on the Court:

---

---

---

---

My Teams Response:

Stay calm, communicate: \_\_\_\_\_

---

---

Explore choices:

#1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

Try a positive win-win solution: \_\_\_\_\_

---

---

COOPERATE FOR A PEACEFUL SOLUTION!

# MY SERVE

## RESPONDING TO PEER PRESSURE WITH S.E.T.

Peer Pressure Situation at School:

---

---

---

My Response - What I Did in the Situation:

Stay calm, take time to think: \_\_\_\_\_

---

---

Explore different choices: \_\_\_\_\_

---

---

Try a positive response: \_\_\_\_\_

---

---

Date: \_\_\_\_\_ Adult Reviewer \_\_\_\_\_

# MY SERVE

## MY FAVORITE PRACTICE ACTIVITIES AT FIRST SERVE

Practice activity #1: \_\_\_\_\_

---

Fitness benefit: \_\_\_\_\_

---

Practice activity #2: \_\_\_\_\_

---

Fitness benefit: \_\_\_\_\_

---

Practice activity #3: \_\_\_\_\_

---

Fitness benefit: \_\_\_\_\_

---



# MY SERVE

## MY FAVORITE FITNESS ACTIVITIES

Fitness activity at school: \_\_\_\_\_

\_\_\_\_\_

Fitness benefit: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Fitness activity at home: \_\_\_\_\_

\_\_\_\_\_

Fitness benefit: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Fitness activity in the community: \_\_\_\_\_

\_\_\_\_\_

Fitness benefit: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# POSITIVE PEER PRESSURE I FACED

Peer pressure that helps me

First situation:

What happened? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How I responded: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Second situation:

What happened? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How I responded: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# NEGATIVE PEER PRESSURE I FACED

Peer pressure that can get me into trouble

First situation:

What happened? \_\_\_\_\_

---

---

How I responded: \_\_\_\_\_

---

---

Second situation:

What happened? \_\_\_\_\_

---

---

How I responded: \_\_\_\_\_

---

---

# FOOD FOR HEALTH

Things I eat that are good for my body:

---

---

---

---

---

Things I should try not to eat:

---

---

---

---

---

# DRINKS FOR HEALTH

Things I drink that are good for my body:

---



---



---



---



---

Things I should try not to drink:

---



---



---



---



---

# MY SERVE

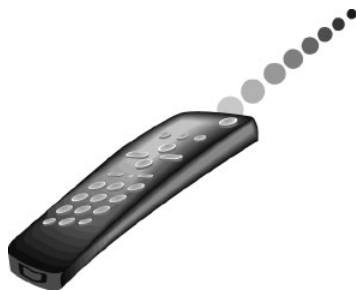
POSITIVE THINKING AND ACTION  
TO STAY CALM AND FOCUSED

Situation: I lose an important point in a match and feel angry		
Positive Action	&	Positive Thinking
o Take a deep breath	&	o "I'm in control"
Situation:		
Positive Action	&	Positive Thinking
o	&	o
Situation:		
Positive Action	&	Positive Thinking
o	&	o
Situation:		
Positive Action	&	Positive Thinking
o	&	o

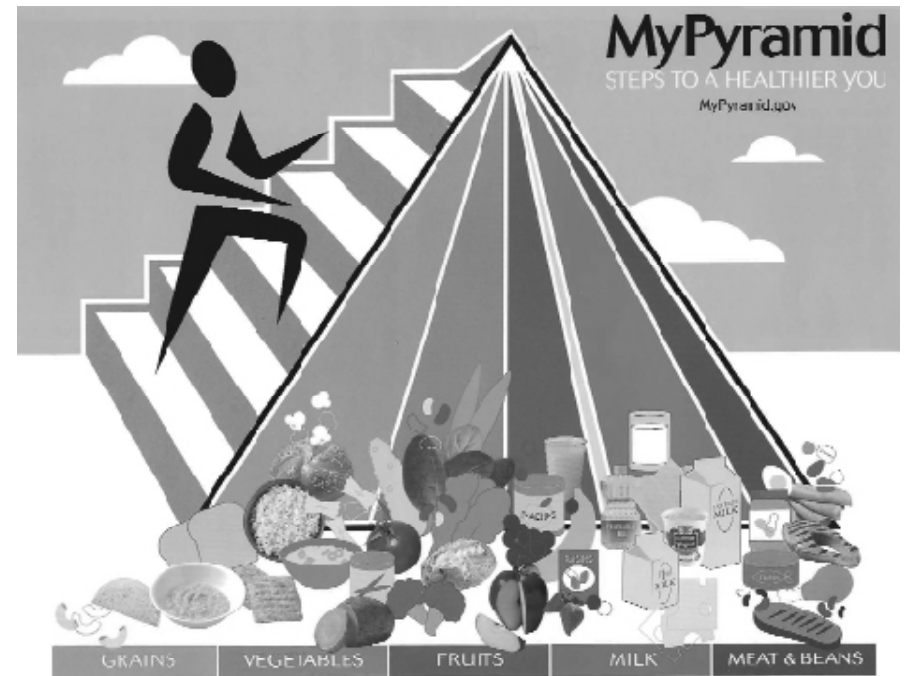
# POSITIVE THINKING AND ACTION TO STAY CALM AND FOCUSED

Positive Action	&	Positive Thinking
o Straighten strings	&	o "Focus on the ball"
o Take a deep breath	&	o "I'm in control"
o	&	o
o	&	o
o	&	o
o	&	o
o	&	o

I have the power to choose!  
I'm in control!



# THE FOOD PYRAMID



## HEALTHY NUTRITION HABITS

Habits that will help me stay fit and play better tennis:

- Eat a variety of foods
- Balance food with physical activity
- Eat plenty of grain products, vegetables, and fruits
- Eat foods low in fat, saturated fat, and cholesterol
- Don't eat too much sugar
- Don't eat too much salt and sodium
- Don't drink alcohol or take illegal drugs

## POSITIVE THINKING TO STAY CALM ON THE COURT

When I get frustrated and angry, I can say:

- Repeat my positive self-talk motto:

\_\_\_\_\_

- "Better next time, better next shot"
- "Stay cool"
- "I'm in control"
- "I have the power"
- "Focus on the next stroke"
- Other positive thoughts:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I have the power to choose!  
I'm in control!



# HOW TO STAY COOL ON THE COURT

When I get frustrated and angry, I can:

- o Stop and take a deep breath
- o Shake my arms and legs to loosen up
- o Hop up and down to loosen up
- o Walk around for a few seconds
- o Toss or bounce the ball to get my mind off the anger
- o Straighten racket strings
- o Other actions:

---

---

---

I have the power to choose!  
I'm in controll



# THINGS I CAN DO FOR BETTER NUTRITION

Things I want to change:

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_

# A DAY IN THE LIFE OF A TEEN TENNIS STAR

Name: \_\_\_\_\_ Age: \_\_\_\_\_

## Breakfast

Food: \_\_\_\_\_

\_\_\_\_\_

Drinks: \_\_\_\_\_

\_\_\_\_\_

## Lunch

Food: \_\_\_\_\_

\_\_\_\_\_

Drinks: \_\_\_\_\_

\_\_\_\_\_

## Dinner

Food: \_\_\_\_\_

\_\_\_\_\_

# ANGER WARNING SIGNS

- Heart beats faster
- Breathing speeds up
- Muscles tense in neck and face
- Clench fists
- Muscles tense in arms and back
- Stomach feels tight or upset
- Mouth gets dry
- Feel pressure building inside
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# MY SERVE

## HOW CAN I IMPROVE MY STUDY ROUTINE

ROUTINE AT FIRST SERVE	ROUTINE AT HOME
BEST TIME:	BEST TIME:
FAVORITE PLACE/ROOM:	FAVORITE PLACE/ROOM:
GOOD HELPERS:	GOOD HELPERS:
HOMEWORK TOOLS AVAILABLE:	HOMEWORK TOOLS AVAILABLE:
WHAT I NEED TO BRING: HOMEWORK ASSIGNMENTS SCHOOLBOOKS	WHAT I NEED TO BRING: HOMEWORK ASSIGNMENTS SCHOOLBOOKS
FAVORITE SNACKS/DRINKS:	FAVORITE SNACKS/DRINKS:
OTHER:	OTHER:

# MY SERVE

## MENU FOR A DAY IN MY LIFE

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date: \_\_\_\_\_

### Breakfast

Food: \_\_\_\_\_  
\_\_\_\_\_

Drinks: \_\_\_\_\_  
\_\_\_\_\_

### Lunch

Food: \_\_\_\_\_  
\_\_\_\_\_

Drinks: \_\_\_\_\_  
\_\_\_\_\_

### Dinner

Food: \_\_\_\_\_  
\_\_\_\_\_

Drinks: \_\_\_\_\_  
\_\_\_\_\_



## PRACTICE TOOLS I NEED

TO PLAY TENNIS	TO DO MY HOMEWORK
TENNIS COURT	A PLACE TO STUDY
TENNIS RACKET	SCHOOLBOOKS

## MY STUDY ROUTINE

ROUTINE AT FIRST SERVE	ROUTINE AT HOME
BEST TIME:	BEST TIME:
FAVORITE PLACE/ROOM:	FAVORITE PLACE/ROOM:
GOOD HELPERS:	GOOD HELPERS:
HOMEWORK TOOLS AVAILABLE:	HOMEWORK TOOLS AVAILABLE:
WHAT I NEED TO BRING: HOMEWORK ASSIGNMENTS SCHOOLBOOKS	WHAT I NEED TO BRING: HOMEWORK ASSIGNMENTS SCHOOLBOOKS
FAVORITE SNACKS/DRINKS:	FAVORITE SNACKS/DRINKS:
OTHER:	OTHER: