

Tennis Player - Progress Report

NAME: _____

Players choose 2-3 areas to focus on. Choices are made from the 5 PLAY SITUATIONS that exist in tennis (+ Competition)

Grades: 1 = Working on it

2 = Improving

3 = Mastering the Skill

1) SERVING

Technical: Proper grips, stance, and use of the 9 checkpoints.

Tactical: Can change speeds, heights, & locations within the box.

Technical Score	1	2	3	Tactical Score	1	2	3
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2) RETURNING

Technical: Can adjust swing size and uses proper “Y” footwork.

Tactical: Can hit both low and deep returns for singles or doubles

Technical Score	1	2	3	Tactical Score	1	2	3
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3) BASELINE PLAY

Technical: Correct grips, swing sizes/paths, unit turn & footwork #

Tactical: Uses consistency, isolation, & high percentage patterns

Technical Score	1	2	3	Tactical Score	1	2	3
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4) NET PLAY

Technical: Correct grips, split-steps, & movement around the net.

Tactical: Can add, match, & decrease power of the incoming ball.

Technical Score	1	2	3	Tactical Score	1	2	3
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5) PASSING SHOTS & LOBS

Technical: Can change racket-face angle, and arc on the ball.

Tactical: Can lob high & deep (over BH) and pass low (1-2 punch)

Technical Score	1	2	3	Tactical Score	1	2	3
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• AS A COMPETITOR

- Deploys a variety of tactics against different styles of players

Tactical Score	1	2	3	Mental Score	1	2	3
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- Controls emotions and shows fight while competing
- Knows/uses the (16 second cure) between-point performance