

PLAYERS NAME

DATE OF BIRTH

CLUB

PLAYER PROFILE

**TECHNICAL ANALYSIS**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| SKILL | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |
| FH Groundstroke |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| BH Groundstroke |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| FH Volley |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| BH Volley |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Smash |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| FH Lob |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| BH Lob |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| FH Drop Shot |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| BH Drop Shot |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| FH Half Volley |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| BH Half Volley |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Flat Serve |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Slice Serve |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Topspin Serve |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| FH Return of Serve |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| BH Return of Serve |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |

**TACTICAL ANALYSIS**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| SKILL | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |
| All court play |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Defensive Baseline |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Attacking Baseline |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Serve and Volley |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Chip and Charge |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Both on baseline |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Attacking the net |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Opponent at net |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Both at net |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Playing V Moonball |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Increasing the pace |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Slowing the pace |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Moving opponent |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Recognise opponents tactics |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Recognise when to change tactics |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Understand Percentage Tennis |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |

**PHYSICAL ANALYSIS**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| SKILL | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |
| Agility |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Balance |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Co-ordination |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Speed |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Strength |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Flexibility |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Endurance |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Power |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Acceleration |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Forward  Movement |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Backward Movement |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Lateral  Movement |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Change of  Direction |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Jumping  (Height) |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Jumping  (Distance) |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Match fitness |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |

**MENTAL ANALYSIS**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| SKILL | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |
| Concentration |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Focus |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Control of Eyes |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Rituals |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Attitude under Pressure |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Creating Pressure |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Handling bad calls |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Relaxation |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Control of breathing |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Decision making |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Controlling the pace of the match |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Physical response at end of point |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Negative Self-Talk |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Positive Self-Talk |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Accepting defeat |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |
| Handling victory |  |  |  |  |  |  |  |  |  |  | Current |
|  |  |  |  |  |  |  |  |  |  | Target |
|  |  |  |  |  |  |  |  |  |  | Review |