

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 |
| LateralMovement |   |   |   |   |   |   |   |   |   |   | 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 |