

Player: \_\_\_\_\_

Coach: \_\_\_\_\_

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

Area		Item	Rate (1 to 5)	Comments
Physical Literacy	1	Jogs backward while looking over shoulder and maintaining balance		
	2	Skips forward and backward		
	3	Hops on one leg and lands on balance		
	4	Jumps rope with two feet using half-jumps		
	5	Catches ball with right hand on right side and left hand on left side		
	6	Catches ball while moving, after bounce or in the air		
	7	Throws overhand to large targets		
Footwork	8	Ready position with two hands on the racquet after hitting the ball		
	9	Awareness of split-step when opponent makes contact		
	10	Moves in multiple directions and recovers to the center		
Baseline	11	Grips: <ul style="list-style-type: none"> <li>• Forehand: eastern to semi-western</li> <li>• Backhand: bottom hand continental grip, top hand eastern to semi-western</li> </ul>		
	12	Performs unit turn with racquet up on forehand and backhand		
	13	Executes low to high swing path directing hand/racquet to target		
	14	Keeps rally to center of the court from baseline with some topspin. <b>10 in a row, 3 attempts</b>		
Transition	15	Developing continental grip on volleys		
	16	Volleys with blocking motions, racquet head above wrist		
	17	From ready position steps with opposite foot to volley		
	18	Hits approach shot and volley combination from hand/racquet feed		
	19	Establishes trophy position for overhead preparation		
Serve/Return	20	Serve grip between continental and Eastern forehand with simple motion		
	21	Works on contact point above head		
	22	Knows where to stand for serve and return		
	23	Faces server in ready position and recovers to center after return		
<b>TOTAL SCORE</b>				

Area		Item	Check	Comments
Character	1	Concentration: Listens and follows directions		
	2	Respects coach, partner and equipment		
Competition	3	Remembers score and announces it		
	4	Shakes hand with opponent		
	5	Participates in Play days, Team Challenges, Team tournaments, Junior Team Tennis		



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