



Player: _____

Coach: _____

Date: _____

Area		Item	Rate (1 to 5)	Comments
Physical Literacy	1	Skips forward, backward, and sideways		
	2	Jumps side to side, front to back continuously (both legs)		
	3	Jumps over line with one foot and remains balanced (forward and side)		
	4	Catches ball while moving, after bounce or in the air, one or two hands		
	5	Throws overhand into deuce and ad court service boxes from baseline		
Footwork	6	Split-steps consistently when opponent makes contact with the ball		
	7	Recovers off-center according to direction of the shot hit		
	8	Performs crossover step on wide ball recovery		
Baseline	9	Steps out with outside foot for unit turn		
	10	Uses circular motion on forehand and backhand swing path		
	11	Uses ground force/kinetic chain, rotating trunk through the ball		
	12	Hits with square stance		
	13	Rallies consistently crosscourt and down the line from baseline with topspin 12 in a row each direction, 3 attempts		
	14	Hits to open space during point play		
Transition	15	Continental grip on volleys		
	16	Developing one-handed backhand volley with non-dominant hand on throat of racquet		
	17	Steps out and across for volley		
	18	Rallies volley to groundstrokes at medium speed 7 in a row, 3 attempts		
	19	Follows the approach forward doing a split-step before taking the volley		
	20	Uses square stance for overheads. Hits 7 out of 10 overheads, 3 attempts		
Serve/Return	21	Developing continental grip on serve		
	22	Front foot angled toward net post and back foot parallel with the baseline		
	23	Serves consistently in box from both sides getting back to ready position. 7 out of 10 in each box, 3 attempts		
	24	Split-steps when server makes contact with the ball		
	25	Returns to center of court with depth 7 in a row, 3 attempts		
Other	26	Understands basics doubles positions		
	27	Rallies slice forehand and backhand with partner from inside of service box. 10 in a row, 3 attempts		
TOTAL SCORE				

Area		Item	Check	Comments
Character	1	Works within a team		
	2	Coachable: Asks and responds to coach's questions		
	3	Able to problem solve		
Competition	4	Understands personal strengths and weaknesses		
	5	Knows important rules of tennis, set score formats		
	6	Participates in Team Challenges, Team Tournaments, Junior Team Tennis, Round Robin Events		



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