



Player:

Coach:

Date:

Area		Item	Rate (1 to 5)	Comments
Physical Literacy	1	Skips forward, backward, and sideways driving with arms		
	2	Jumps side to side, front to back continuously on one leg		
	3	Jump ropes with two feet using single jumps		
	4	With partner, alternates tossing two balls back and forth on ground and in the air while moving		
	5	Throws overhand into deuce and ad court service boxes from baseline		
Footwork	6	Moves forward, backward and diagonal and arrives on balance		
	7	Recovers behind baseline after defensive shots		
Baseline	8	Consistent grip changes from forehand to backhand		
	9	Developing consistent contact point in front of body		
	10	Improving open stance on wide balls		
	11	Plays balls on the rise		
	12	Hits consistent shape and topspin with increased speed from base line 20 balls in total in 1 minute, 3 attempts		
	13	Developing changing direction from the baseline		
	14	Exploits opponent's weaknesses		
Transition	15	Hits one-handed backhand volley with non-dominant hand on throat of racquet		
	16	Moves diagonally into the court for approach shot and moves inside service box for volley		
	17	Hits approach shot to one side and volleys to open court 7 out of 10, 3 attempts		
	18	Hits overhead to left and right 7 out of 10, 3 attempts		
Serve/Return	19	Works on consistent toss out in front of body with proper height		
	20	Increased use of leg drive		
	21	Developing palm down on hitting arm during backswing		
	22	Directs serves to either Forehand or Backhand Serve Index < 12		
	23	Moves up to return second serves and recovers diagonally back to the baseline		
Other	24	Two at the net in doubles and communicates with partner		
	25	Developing rally slice forehand and backhand with partner from baseline 10 balls in a row past the service line, 3 attempts		
TOTAL SCORE				

Area		Item	Check	Comments
Character	1	Can acknowledge other's success		
	2	Takes responsibility for own actions		
	3	Developing decision making		
Competition	4	Able to solve disputes with opponent		
	5	Identify game style and weaknesses of opponent		
	6	Copes with winning and losing		
	7	Has cleared the Orange Level of Youth Progression		
	8	Participates in Team Challenges, Team Tournaments, Junior Team Tennis, Round Robin Events		



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