



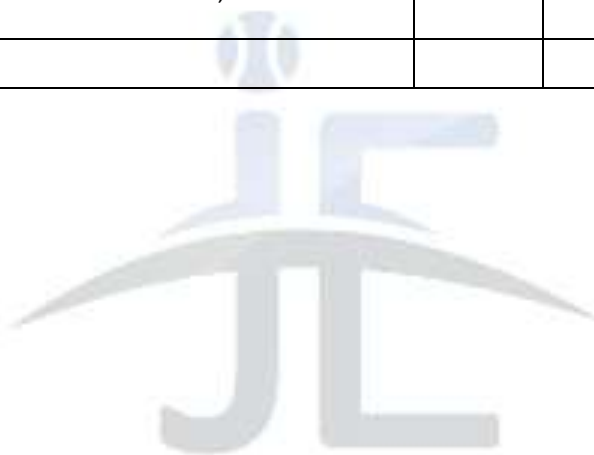
Player:

Coach:

Date:

Area	Item	Rate (1 to 5)	Comments
Physical Literacy	1	Skips with different rhythms, height, depth	
	2	Executes crossover and shuffles move, side to side with speed and balance	
	3	Jump ropes with two feet using double-jumps	
	4	Tosses ball with partner while moving forward, backward and side to side (one and two hands)	
	5	Uses different speeds/rhythms between feet and hands	
Footwork	6	Wider lower base on split-step and preparation for groundstrokes	
	7	Steps out and performs crossovers when getting to deep or wide balls	
	8	Recovers according to location and type of shot	
Baseline	9	Backswing on same side of the body	
	10	Increased extension through hitting zone and racquet head speed	
	11	Uses appropriate stances on wide, deep and short balls	
	12	Hits with depth and direction Baseline rally 30 balls in total in 1 minute, 3 attempts	
	13	Combines height, spin and speed on forehand and backhand	
	14	Can use forehand to dictate play from different areas of the court	
Transition	15	Hits deep and short volleys. 10 volleys in a row past the service box, 3 attempts	
	16	Compact swing on approach shot	
	17	Recognizes short ball to attack	
	18	Developing lob passing shot	
	19	Head still and shoulder over shoulder for overhead 8 out of 10, 3 attempts	
Serve/Return	20	Palm is down on hitting arm during backswing	
	21	Increased racquet head speed on first serve and able to use spin on second serve	
	22	Body moves up and into court with increased leg drive on serve	
	23	Developing accuracy on three targets: wide, body and T Serve Index < 18	
	24	More compact backswing when returning fast serves	
	25	Establishing serve/return and first ball combination. Open court pattern	
Other	26	Can close diagonally on net in doubles and volley to open space	
	27	Uses slice from baseline to change rhythm	
TOTAL SCORE			

Area		Item	Check	Comments
Character	1	Resilient		
	2	Sets simple goals		
	3	Works independently		
Competition	4	Understand courts etiquette during match play		
	5	Can score tiebreak and super tiebreak		
	6	Analyzes own performance after match		
	7	Has cleared the Green Level of Youth Progression		
	8	Participates in Team Challenges, Team Tournaments, Junior Team Tennis, Round Robin Events, Ranked Tournaments		
	9	UTR > 2.5		



JUNIOREXCELLENCE
 — EXCELLENCE IS A HABIT —