

**PLAYER SELF ASSESSMENT SHEET.
Peter Farrell (Ireland).**

I developed and regularly make use of the player self assessment sheet for the following reasons:

1. It allows me to see how realistic is the players analysis of his or her own game. When working with a player whose game I know, it is interesting to complete a separate assessment sheet at the same time as the player, and then look at where we agree and disagree.
2. Completing it twice, once at the beginning of a set of lessons and once again at the end, allows the player to see concrete areas of improvement achieved over a period of time.
3. It allows the player to have an input into what the lessons will focus on, thus building the independent and self-reliant spirit which tennis demands. The subject matter of the lessons that follow are seen to be based on a cooperative process rather than one wholly directed by the coach.
4. It is an ideal and very useful `rainy day` activity, which often leads to interesting discussion. For example, is a low mark on the backhand passing shot related to a technical, tactical, physical or psychological problem?

NOTE.

The sheet does not aim to be totally exhaustive of all possible permutations and combinations that can arise in playing the game. Rather it is designed to be completed relatively quickly, and be of value to as broad a range of players as possible.

ASSESSING YOUR TENNIS.

Players Name:

Phone Number:

Today's Date:

Please give a mark from 1 to 10 as to how skilled you feel you are in each of the areas below (*1 = very bad, 10 = excellent*).

This information is confidential, and will not be shown to or discussed with anyone.

SERVE.

Flat (1st) Serve:

Slice Serve:

Kick Serve:

Serve & Volley:

RETURN OF SERVE.

Forehand:

Backhand:

Against a Serve Volleyer:

Against a Baseline:

Against a Fast Serve:

Against a Spin Serve:

Attacking a Weak Serve:

FOREHAND GROUNDSTROKE.

Topspin:

Power:

Control:

Hitting Early:

Depth:

Passing Shot:

Approach Shot:

Winner Off a Short Ball:

Inside Out:

Drop Shot:

Half Volley:

`Scrambling` (pulled wide):

BACKHAND GROUNDSTROKE.

Topspin:

Slice:

Power:

Control:

Hitting Early:

Depth:

Passing Shot:

Approach Shot:

Winner Off a Short Ball:

Drop Shot:

Half Volley:

`Scrambling` (pulled wide):

NET PLAY.

High Forehand Volley:

Low Forehand Volley:

Forehand Drop Volley:

Forehand Smash:

High Backhand Volley:

Low Backhand Volley:

Backhand Drop Volley:

Backhand Smash:

First Volley after Serve:

LOB.

Forehand Offensive Lob (topspin):

Forehand Defensive Lob:

Backhand Offensive Lob (topspin):

Backhand Defensive Lob:

Forehand Lob Volley:

Backhand Lob Volley:

MOVEMENT.			
Speed:	Endurance:	Agility:	Flexibility:
MATCHPLAY.			
Consistency:		Anticipation:	Developing a Game Plan:
Finding Opponents Weakness:		Concentration:	Reactions Under Pressure:
Coming Back From Behind:		Confidence:	`Closing Out` a match (when ahead):

THE THREE THINGS I AM BEST AT <i>DURING A MATCH</i> ARE:
1.
2.
3.

THE THREE THINGS THAT CAUSE ME MOST PROBLEMS <i>DURING A MATCH</i> ARE:
1.
2.
3.

ANY OTHER AREAS YOU WOULD LIKE TO IMPROVE DURING THE COACHING:

OVER THE NEXT THREE MONTHS I INTEND TO PLAY THE FOLLOWING TOURNAMENTS: