

Match Evaluation Form

Tournament:	Date:	Won	
Score:	Opponent:	Lost	

Technical	Rating
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Tennis Stroke	1	2	3	4	5	Notes
Forehand						
Backhand						
Serve						
Return of serve						
Forehand volley						
Backhand volley						
Smash/overhead						
Passing shots						
Drop shots						
Lobs						
Unforced errors						
Baseline consistency						

Physical	Rating
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Fitness Component	1	2	3	4	5	Notes
Speed						
Agility						
Strength						
Footwork						
Reflexes						
Flexibility						

1 = Poor	2 = Average	3 = Good	4 = Very Good	5 = Excellent
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Mental / Tactical	Rating				
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	1	2	3	4	5	Notes
Concentration						
Motivation						
Self-talk						
Body image						
Fun / Enjoyment						
Confident						
Goal setting						
Emotional control						
Between points routine						
Pre-serve routine						
Change of ends routine						
Mental toughness						
Game plan						
Tactical thinking						
Serve and volley game						
Counter puncher						
Baseline game						
Attacking game						
Chip and charge game						
Ability to change game plan						
In control of match						
Tactical decision making						

