

Player Evaluation Form: Tennis



Player Name:

Body Motor Ability	Sport Specific Skill	Drills to Help in Sport	Excellent		Very Good		Good		Room For Improvement			
		Activity to Help in General										
Coordination	Forehand, Backhand	Hit back and forth	10	9	8	7	6	5	4	3	2	1
		Juggling										
Speed	Getting to the Net	Spider Drill	10	9	8	7	6	5	4	3	2	1
		40 yard dash										
Strength	Hitting Speed	Hitting hard	10	9	8	7	6	5	4	3	2	1
		Push-ups										
Agility	Footwork	4 Ball Drill	10	9	8	7	6	5	4	3	2	1
		Agility Ladder										
Flexibility	Serving Form	Serving	10	9	8	7	6	5	4	3	2	1
		Dynamic stretching/yoga										
Reaction Time	Playing the Net	Net volley drill	10	9	8	7	6	5	4	3	2	1
		Catch quickly thrown balls										
Endurance	Playing Late in Games	Run to net and back 25x	10	9	8	7	6	5	4	3	2	1
		Interval training										
Balance	Hitting	Correct form hitting	10	9	8	7	6	5	4	3	2	1
		Yoga: Warrior, Tree Pose										
Power	Serving	Serve with power	10	9	8	7	6	5	4	3	2	1
		Burpees										
Sport IQ	Where to hit when	Watch game film	10	9	8	7	6	5	4	3	2	1

Average Score:

Comments: