



## PLAYER PROFILE TSA LEVEL 2 & 3 COACHES COURSE

**Player's Name:** \_\_\_\_\_ **Coach's Name:** \_\_\_\_\_

**Length of time coaching player:** \_\_\_\_\_ **Date profile completed:** \_\_\_\_\_

TECHNICAL/TACTICAL	STRENGTHS	NEEDS TO IMPROVE
<b>When Serving (1st &amp; 2nd)</b> Ritual Spin & Power Balance Attacks weaknesses Toss Serve & Volley Kinetic Chain Disguise, Variety Consistency Serve & Groundstroke attack Direction Right/Left service boxes		
<b>When Receiving (FH &amp; BH)</b> Preparation Chip & charge Against power serve Against spin serve Putting ball back into play Against serve & volley Against weak serve Right/Left service boxes When stretched First/Second serve Counter attack/hitting early		
<b>When Both Back (FH &amp; BH)</b> Consistency On the run Placement Ability to attack/defend Depth Rhythm, change of pace Variety & tempo Hitting early & inside Use of spin Power Exploits weaknesses Recovery under pressure		
<b>When Approaching or at the net (FH &amp; BH)</b> Sees opportunity Reacts quickly Balance Footwork on way in Placement Put ball away Positioning at net Touch Volley & Smash (variations), approach shots		
<b>When opponent approaches or is at net (FH &amp; BH)</b> Variety of passing shots Hitting early Lobs (offensive/defensive) On the run Hitting low over the net Counter attacking		
PHYSICAL	STRENGTHS	NEEDS TO IMPROVE
Speed Strength & Power Flexibility Endurance (Aer./Anaerobic) Agility "Scrambling" Response Balance Explosive movement Co-ordination Recovery Footwork		
PSYCHOLOGICAL	STRENGTHS	NEEDS TO IMPROVE
Concentration Routines Committed to excel Self-talk Competitive spirit Motivation Reactions under pressure: emotional control Enjoyment of tennis Reactions to environment "Image projection" on court: confidence Gives 100% effort Decisive on court Ability to learn Overall behaviour Intelligence Love for practice Personality Desire to be a pro		
MATCHPLAY	STRENGTHS	NEEDS TO IMPROVE
Game style Patterns of play used Stroke range Use of variations Match preparation (technical, tactical, physical.) Match plan, changes & adaptations Anticipation, momentum, shot selection Overall understanding of the game Double tactics		
Other comments/ notes:		



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**PLAYER SELF-ANALYSIS**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**AGE:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_ **CURRENT RANKING:** JUNIOR \_\_\_\_\_ PRO \_\_\_\_\_

1. Please describe your game style (baseline, serve & volley etc.)
2. Which is your favourite surface? (1,2,3,4) 1 = favourite, 4 = least favourite  
Clay \_\_\_\_\_ Grass \_\_\_\_\_  
Indoor \_\_\_\_\_ Hard \_\_\_\_\_
- 3a. Assess the quality of your strokes, using rates from 1 - 10 (1 = very bad, 10 = very good). The rates are subjective, however they should show the relative value for your game.

<b>STROKES(techniques)</b>	<b>relative rating</b>	<b>STROKES (techniques)</b>	<b>relative rating</b>
forehand		forehand lob	
backhand		backhand lob	
first serve		dropshot	
second serve		topspin forehand	
return on first serve		topspin backhand	
return on second serve		slice forehand	
forehand volley		slice backhand	
backhand volley		forehand passing	
overhead		backhand passing	

- 3b. Which is your safest (most consistent) shot? \_\_\_\_\_
- 3c. With which stroke do you feel most confident to hit a winner? \_\_\_\_\_
- 3d. Which stroke(s) are you currently working to improve? \_\_\_\_\_
4. Do you win more points by
  - (a) hitting winners
  - (b) through errors made by the opponent?



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5. In which areas are you strongest/weakest? (Use rates from 1 - 10 (1=very weak, 10 = very strong):

AREA	RATING (1-10)
technique	
tactics	
condition	
mentality	

6. Assess the quality of the following areas of your game, using rates from 1 - 10 (1 = very bad, 10 = your best shot). The rates are subjective, however they should show the relative value for your game.

GAME SITUATION	RATING (1-10)
serve	
return of serve	
baseline play	
approach and net play	
playing against a net player	

7. How is your physical fitness? Assess the quality of the following conditional factors in your game:

CONDITIONAL FACTORS	RATING (1-10)
strength	
speed	
endurance	
flexibility	

8. How would you rate your movement/footwork on court (1-10)? ]

9. Rate the following mental factors:

MENTAL FACTORS	RATING (1-10)
concentration	
managing mistakes	
perseverance/effort	
enjoying the game	
sportsmanship	
emotional stability	
self-confidence	



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10. Rate also the following tactical factors:

TACTICAL FACTORS	RATING
changing your game type	
Attacking	
Defending	
slowing the game down	
breaking the opponent's rhythm	
speeding the game up	
Anticipation	

11. What are your **short-term** goals in the following areas?

Technical: \_\_\_\_\_

Tactical: \_\_\_\_\_

Physical: \_\_\_\_\_

Match play / competitive: \_\_\_\_\_

12. What are your **long-term** goals in the following areas?

Technical: \_\_\_\_\_

Tactical: \_\_\_\_\_

Physical: \_\_\_\_\_

Match play / competitive: \_\_\_\_\_