

# Hope College Tennis Academy - Progress Report

Name	
Pro	Staff
Date	

Players choose 2-3 areas to focus on. Choices are made from the 5 PLAY SITUATIONS that exist in tennis (+ Competition)

Grades: 1 = Working on it      2 = Improving      3 = Mastering the Skill

## 1) SERVING

**Technical:** Proper grips, stance, and use of the 9 checkpoints.

**Tactical:** Can change speeds, heights, & locations within the box.

Technical Score	1	2	3	Tactical Score	1	2	3
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## 2) RETURNING

**Technical:** Can adjust swing size and uses proper "Y" footwork.

**Tactical:** Can hit both low and deep returns for singles or doubles

Technical Score	1	2	3	Tactical Score	1	2	3
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## 3) BASELINE PLAY

**Technical:** Correct grips, swing sizes/paths, unit turn & footwork #

**Tactical:** Uses consistency, isolation, & high percentage patterns

Technical Score	1	2	3	Tactical Score	1	2	3
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## 4) NET PLAY

**Technical:** Correct grips, split-steps, & movement around the net.

**Tactical:** Can add, match, & decrease power of the incoming ball

Technical Score	1	2	3	Tactical Score	1	2	3
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## 5) PASSING SHOTS & LOBS

**Technical:** Can change racket-face angle, and arc on the ball.

**Tactical:** Can lob high & deep (over BH) and pass low (1-2 punch)

Technical Score	1	2	3	Tactical Score	1	2	3
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## • AS A COMPETITOR

- Deploys a variety of tactics against different styles of players

Tactical Score	1	2	3	Mental Score	1	2	3
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- Controls emotions and shows fight while competing
- Knows/uses the (16 second cure) between-point performance