



PLAYER DEVELOPMENT JOURNAL



This journal belongs to:





Contents

Using a Tennis Journal to Improve Your Game4

Compete Like a Champion.....5

Gamestyles.....6-8

Developing Your Game Plan9-13

**Pre-Practice Worksheet &
Post-Practice Evaluation 14-43**

**Pre-Match Plan,
Post-Match Evaluation,
Scouting Report & Notes.....44-93**

Using a Tennis Journal to Improve Your Game

Your coach asked you to keep a tennis journal? Ugghh! What a pain! Why would she ask you to write in a journal? How could that actually help your tennis? Experienced players know that journaling is an effective way to improve and it is not painful!

Someone that has a Learning Mindset is continually focused on getting better every day. Players that improve faster than their opponents have 3 very important learning habits. They:

- 1. SET GOALS:** They set goals prior to practice. They have a plan for practice.
- 2. EXECUTE:** They work on their goals and give themselves feedback as they practice. They are engaged and aware of what they are learning as they practice.
- 3. REFLECT:** They think about goals they achieved in today's practice and what they want to achieve in the next practice. They set goals for the next day.

Benefits of Journaling:

1. Helps you **remember** goals. It keeps you focused on what is important for you.
2. All of your thoughts on paper so you can clearly see what is important and **find solutions** to problems.
3. Writing or typing in a journal helps you **commit** to your goals.

Getting Started – buy a notebook or get the Player Development Journal which has sample questions for you to answer.

Follow this link: <http://www.playerdevelopment.usta.com/Player-Resources-Main/>

Put the journal where you will see it every day (in your tennis bag). Put a pen or pencil with the journal.

What to write about – writing a journal is a personal choice, write about what helps you. At first, keep it simple. Write what you achieved today and what you want to achieve tomorrow. Then focus on how you played, what you learned, what you would do differently, did you follow your game plan, did you work on your goals, physical and mental strategies you used and how they worked.

How to write – be detailed and specific. The journal is to help you remember and apply what you are learning.

When to write – cool down and stretch after your practice, then write while you eat a snack and hydrate. If that is not possible then write while someone drives you from practice. Writing just before you go to bed is also good so you reflect on your day and prepare for tomorrow.

How to use what you are writing to improve as a player – look at your journal entries at the end of the week. Look at what goals you achieved. Congratulate yourself on your accomplishments. Look at what goals remain to be achieved. Get excited

to work towards those goals. Look at what you did each day to achieve your goals. Plan what you will do in the next week to achieve more goals.

Tips on Journaling: <http://www.writingathletes.com/pro-athletes-write.html>
<http://www.journalingsaves.com/how-to-journal/>

Compete Like a Champion



Confident – unshakable self-belief in abilities and skills, expects to be successful

Determined – pushes through adversity and struggle, and continues to strive for success in a positive, productive manner

Engaged – full focus on what matters in the moment

Professional – demonstrates character, exhibits behaviors and attitudes of an athlete that is consistently prepared to practice and compete with full engagement

Resilient – ability to bounce back and refocus when facing adversity

Respectful – acts in the way of appreciation, courteous to others, focused on the best in others, honors rules of game

Tough – endures periods of hardship and adversity in training and competition, accepts challenges fully motivated to succeed, embraces pressure, physically and emotionally strong

For more information on Core
Values of a Champion, scan:



Gamestyles

Game Styles	Characteristics	Tactical Patterns*
Counter-attacker	<p>Counter-attackers are able to hit their targets with a high percentage of first serves. It is important that they are able to serve well enough so they are able to start each service point in a neutral position. They tend to utilize a good three-quarter first serve in order to keep their first-serve percentage high. Gilles Simon and Caroline Wozniacki are two counter-attackers with good serves.</p> <ul style="list-style-type: none"> • Very consistent from the baseline (solid from both sides) • Great mover on the court, especially in a defensive capacity • Patient and persistent, with great ability to read opponents • Redirects pace (uses opponent's power) • Absorbs power well • Changes pace very well to throw off an aggressive player's rhythm • Possesses effective passing shots and is able to mix in the offensive lob 	<ul style="list-style-type: none"> • "Half X" — short angle deep cross-court, deep cross-court short angle • Keeps the ball deep and moves the opponent side to side; mixes in shots behind • Cross-court to cross-court, then recognizes the short ball and redirects it down the line • Serves into the body, first ball high and heavy, to push opponent back off the baseline • Slices backhand (BH) shorter cross-court, high heavy back behind (keeps opponent off balance)
Aggressive Baseline	<p>Aggressive baseliners tend to hit a bigger first serve in order to win free points. Their main goal is to use effective serve-plus-one patterns (serve wide, first ball open court; serve "T", first ball behind). Aggressive baseliners like to start each service point in control of the middle of the court. Novak Djokovic and Victoria Azarenka are two aggressive baseliners with strong serves.</p> <ul style="list-style-type: none"> • Uses the forehand (FH) to dictate points • Covers 2/3 of the court or more with the FH • Looks to take ground and take time whenever possible • Able to give ground when necessary • Likes to play when holding a lead • Very solid BH with the ability to mix in an effective slice 	<ul style="list-style-type: none"> • Able to take the cross-court rally ball and change direction down the line with different spins and height with excellent control • Multiple inside-out FHs to set up an inside-in FH or BH down the line • Aggressive cross-court BH to set up a FH inside-in • Takes time on the BH side by driving the ball down the line to set up the FH that can go back down the line or cross court • Starts the point with an aggressive middle ball that pushes the opponent back, so he/she can then take the short ball to either side • Serves wide first ball to open the court • Serves T first ball behind • Serves plus FH
All-Court Player	<p>All-court players are able to hit big serves to precise targets. They are able to keep their opponents off balance by mixing up the speed, spin and placement of their serves. They are looking to take control of the points and apply immediate pressure. This is all set up with efficient and effective serving. Roger Federer and Serena Williams are two great examples of all-court players with dominant serves.</p> <ul style="list-style-type: none"> • Takes the longest time to develop, as more skills are required to be truly effective in all areas of the court • Has excellent continental grip skills (volley, half volley, slice BH, overhead, serve) • Efficient and effective mover; likes to take ground and give ground with good diagonal movement • Great court position which allows to attack short balls effectively • Mixes up pace (speed, spin, height) • No apparent weakness; comfortable, confident and competent in all parts of the court • Great composure on the court, which leads to good decision making and problem solving • Out-of-the-air skills: swing volley from mid-court, or close on the shorter volley to drive from the mid-court area • Most adaptable player; is able to adjust to different styles of opponents and different conditions • Very effective at attacking second serves to gain control of the points 	<ul style="list-style-type: none"> • Moves opponent around the court to expose his/her weakness • Mixes up the speed, spins, heights and depth on the ball • Big inside-out FH, then take the ball out of the air to the open court (with slower players) and/or behind (faster players) • Short chip to BH side the hits a deep ball to the other side • Drives the opponents deep and able to step inside the court and to disguise the FH drop shot • Serves and volleys as a surprise tactic or when he/she is up in a game (looking to close out the game) • Serve plus FH patterns

*These tactical patterns assume that two right-handed players are playing against each other.

Gamestyles

Style Variations	Characteristics	Tactical Patterns
Serve and Volley	<ul style="list-style-type: none"> • More comfortable in the front court, finishing points off at the net • Looking to put instant pressure on the opponent's return • Hits spots on serve very well and volleys to the appropriate spot on the court • Playing match on your terms and at your rhythm 	<ul style="list-style-type: none"> • Serves wide, first ball to open court • Serves T, first volley behind • First volley deep, second volley short • First volley to weaker side • Defensive volleys keep deep and in front of you • Volleys deep middle to take away the angles for passing shots
Chip and Charge / Hit and Charge	<ul style="list-style-type: none"> • Strong slice BH • Putting instant pressure on the server to make them come up with a passing shot • Great at taking your time away • Takes the ball early with very strong racquet skills (controlling the racquet head on balls that have different speeds and spins) • Compact swings and good on-the-rise skills • Good timing on split step and loading on the outside leg, which allows them to have a strong first step toward the net 	<ul style="list-style-type: none"> • Deuce court taking a kick serve down the T and penetrating it down the line or down the middle • Drive the FH/BH to BH corner and attack • Deuce: run around FH down the line and attack • Ad side: chip down the line and charge • Ad side: FH inside-out to BH and attack

Game Styles	Counter-attacker	Aggressive Baseliner	All-Court Player
Counter-attacker	<ul style="list-style-type: none"> • Be patient • Comfortable playing extended rallies (make fewer mistakes) • Play with big margin to big targets • Early part of the match sets the tone • Create angles • Use the short slice to draw the player into the net on your terms • Start out moving the player to the open court; once the open court has been established, hit behind to catch the opponent off balance • Gain advantage by attacking the second serve 	<ul style="list-style-type: none"> • Be patient and consistent • Mix up the pace • Make them generate their own pace (give no pace at times) • Depth is key; they will look to attack short balls • Be able to use their pace and redirect the ball down the line to the open court off a cross-court exchange • Look to make them play in parts of the court where they are not comfortable (usually the net) • Try to keep the ball out of their strike zone (either high and heavy or chip low with slice) • Slow down the pace of the match; they like to play with the lead and at a higher tempo • Half X: deep cross-court (high and heavy) to short angle 	<ul style="list-style-type: none"> • Depth is key • Move your opponents (don't let them get comfortable) • Be able to use their pace and redirect the ball down the line to the open court off a cross-court exchange • Serve a high percentage of first serves as they will attack your second serve • Serve body, then first ball high and heavy to open court to get them off the baseline • Return deep middle to eliminate giving them any angles off first ball • Two-shot passing shot combos; mix in the lob early to get them off the net

Gamestyles

Game Styles	Counter-attacker	Aggressive Baseliner	All-Court Player
Aggressive Baseliner	<ul style="list-style-type: none"> • Aggressive swings with margin to big targets; they can't hurt you with any one shot, so patience is key • Make the extra ball; focus on playing very good defense • Use the big inside-out FH combo to set up the FH inside or BH down the line (aggressive with margin) • When the ball is in the middle of the court, look to take time away with strong ball recognition and your feet; then drive the ball to the weaker side • Side to side, then look to go behind them when the time is right (counter-attackers are typically pretty fast players and run to the open court) • Serve plus FH patterns • Look to attack the second serve and dictate with the FH 	<ul style="list-style-type: none"> • High and heavy to the weaker side • Make the opponent move with good change of directions (control the cross-court rally and change direction to get opponent on the move when you are ahead in the point) • Keep the ball deep in the court; don't allow your opponent to step up and control the middle of the court • Use the BH cross-court to open up the inside-in FH • Serve patterns: serve wide, first ball open court; serve "T", first ball behind. • Return big middle on first serves, more aggressive targets on second serve returns • Serve plus FH look to dictate 2/3 of the court with the FH 	<ul style="list-style-type: none"> • Keep the ball deep and moving • Serve plus FH; dictate with the FH • Look to control the middle of the court (must win that battle) • Be aggressive on 2nd serve returns; look to dictate • High percentage of 1st serves • Take the ball on the rise; look to take time away with good recognition and your feet. Get them out of their comfort zone • Half X: use angles when appropriate to open up the court and look to play aggressive to the open space
All-Court Player	<ul style="list-style-type: none"> • Take the ball early: give the opponent less time, create greater angles to open up the court • Play high and heavy to the weaker side • Be patient but attack whenever a good opportunity presents itself • Look to take balls out of the air when the opponent is on the defensive • Short chip to the BH side to draw them into the front court, where they are less comfortable • Attack the second serve (can come in behind if it is the right ball) • Approach deep middle to take away the angles on the passing shot or keep the ball in front of you (down the line) • Serve and volley in games where you have the advantage 	<ul style="list-style-type: none"> • Mix up your shots • Slice BH shorter in the court to draw opponent out of their comfort zone • Change the speed, spin, height, and depths of the balls to keep opponent from establishing a good rhythm • Vary how and when you attack the net; aggressive baseliners like a target so keep them off balance • When attacking, mix your volleys between open court, behind, and short. • Serve big into the body so they cannot extend their arms • Mix in serve and volley as well as serve and staying back to keep the opponent guessing on their return • Be willing to play defense and make them hit one more ball • Work to get as many serves back and challenge them on each service game; keep the pressure on 	<ul style="list-style-type: none"> • Put pressure on your opponent by take control of the point early and looking to attack short balls • Play to the weakness to draw errors and shorter balls • Have the ability to play to the strength to open up the weakness • Controlling court position is key; look to take time with good ball recognition and strong footwork to establish better court position; this will allow you to control the tempo of the match • Be willing to run and defend to force opponent to play closer to the lines • Keep your opponent moving and off balance (hitting behind) • Two-shot passes; pass in combinations if a clear passing lane doesn't present itself • Concentrate on high-percentage tennis; aggressive with margin, with big shots to big targets • Serve plus FH combos work well to win points or gain advantage

Developing Your Game Plan

There are four sections to your Match Game Plan:

1. ABCs (process goals for the match)
2. Pre-Match Preparation Plan
3. During Match Routines
4. Post-Match Plan

In this section we describe how to develop your Match Game Plan (MGP).

Process Goals: The ABCs

Before every match you want to have clear goals in mind. This will help you stay focused on “how” to play versus on the “what ifs” (what if win, lose, etc.). As you will hear often from Player Development coaches, you want to focus on the process during the match. So set three (3) process or “how to” goals that if you do them it will unlock your best performance. For example, one player may write in:

1. Bounce on my toes
2. Play aggressive
3. Big targets

These become this player’s “ABCs” or the basic process for how to play the match.

Think for a moment about your ABCs. What does your coach tell you are the keys to playing well? What do you think you do when you are playing your best? On the next page, on the Match Game Plan, write in your ABCs (process goals).

Pre-Match Preparation Plan

The top tennis players in the world have a consistent way of getting ready for matches. This is something you want to begin developing for your own game. While a touring pro will have a number of things he or she does to get ready, let’s keep it simple for you at this time.

We want you to come up with several behaviors that you will do before EVERY match because it helps you to be ready, energized and focused. Take a moment to think about a time when you played great tennis. Then answer these questions in your mind:

- How did you feel prior to the match? (Write in specific words that describe how you felt. Players have talked about things like feeling loose, in control, pumped up, focused, energized, relaxed, calm, etc.)
- What were you thinking prior to the match? (Write in specific thoughts. Did you have doubts? Focused on your game plan?)
- How much energy did you have? (Give yourself a number between 0 and 100; 0 = no energy/flat, 50 = energized, 100 = overly energized/too much.)
- What did you do before the match? (Write in specific behaviors like gripped your racquet, did a dynamic warm-up...)

What you have listed is hopefully a “target” for where you want to be on match day. Now the goal is to come up with “how” you will get there consistently: a preparation plan.

Developing Your Match Game Plan

Mental Preparation

When preparing for a match, you want your mind focused on simple game plans. You also want to be looking forward to the match and excited to play. Finally, you want to be thinking positive and productive thoughts that prepare you to play well.

DAILY MENTAL PRACTICE (DMP)
Pre-Practice/Match Journal Write daily process goals every morning Express gratitude: appreciate something important and bigger than you
Practice Mindfulness Practice deep breathing, accepting distractions, and practice non-judgmental thinking
Visualize Success Use all senses to imagine achieving process goals
Post-Practice/Match Journal Reflect and identify what you accomplished

Physical Preparation

Athletic Development - Enhance Athletic Performance through a systematic, integrated and progressive approach in an environment that instills habits of daily physical and mental preparation to develop robust, adaptable tennis athletes.

Individual Dynamic Warm-up - Here is an example of exercises that make up effective preparation through a dynamic warm-up as well as examples of exercises for a proper shoulder warm-up and cool down:

For more information on Athletic Development, scan:



MOBILITY	MOVEMENT
1a Quad Walk (Grab shoe laces, pull knee back)	1c Side Shuffle (Strong Athletic Base, hips low, prevent feet from hitting each other)
1b Single Leg Kicks (Shoulders over hips, posture up)	
2a Ankle Grabs (Strong posture, grab foot and bring to belly button)	2c Carioca (Strong Athletic Base, sink hips low and stay low)
2b Step Stretch and Clean Shoes (Straight legs and Spine)	
3a Knee Elbow (fists under chin, elbows out, knee to same elbow)	3c Side March / Shuffle
3b Squat Walk (Feet Flat on ground, strong posture and sink hips to knee depth)	
4a Lunge and Rotate (Step Right turn to the right, then step with the left and turn left)	
4b Back Lunge (Reach back and sit, shin angle forward)	4c Run / Accelerate for 5-10 yards
5a Side Lunge feet forward then open foot (Hips behind ankle, chest up, sink low)	5c 2 Pt Starts (Jump out, 2 big quick steps)
5b Line Hope (forwards and back, then side to side, coach say go and players sprint 5-10 yards)	

Developing Your Match Game Plan

SHOULDER WARM-UP	COOL-DOWN 20-30 SECOND HOLDS
Lighter Bands, Smaller ROM with Quick Movement	Prone Hip Flexor (Back Knee on Ground)
Scap Retractions (Elbows 90°, squeeze shoulder blades)	Kneeling Quad Stretch
Rows (Shoulders down & back, chest up)	Figure 4 Stretch
Straight Arm Pull-down (Elbows straight)	Frog
Standing "U" "Y" "T" "W" (Hips back, abs tight)	Sleeper Stretch
ER/IR (Elbow to side of body)	Cross-body Stretch
90/90 ER & IR (Hand away from body, elbow stationary)	Supine Cross Legged Internal Rotation
	Straight Legged Calf Stretch at Wall

Warm-Up with Opponent – At this point, you want to get your heart pumping and feel like you’ve already started the match by giving a good, physical effort. Forget grooving, really hit the ball and get your rhythm at the speed you will play at in the match. Keep the mind focused in the moment by thinking about your goals and game plan.

Developing Your Match Game Plan

During the Match

During matches you are looking to focus on every single point, one at a time. To do this you need routine for between points. The goal of the routine is to be fully ready to play the next point. This means you are fully focused, energized and believing in yourself and your game.

Green Light Routine (In Between Points)

A Green Light Routine means “go” and you use it between every point. When a point ends, players go through 4 distinct stages until the next point starts:

1. Respond – they have an immediate response to the point, either positive, neutral (meaning no reaction) or negative. Our goal is to respond positive or neutral at all times. Sometimes you will vent some negativity but that should be with your back to your opponent and quietly. A good behavior to start now is to turn your back to your opponent and focus on your strings.
2. Recover – next, you briefly review the last point and take some deep breaths to recover. Tennis is an exhausting sport; you want to get as much oxygen in your body as possible. So deep breaths in through the nose and out through the mouth are crucial.
3. Refocus – in this stage you have walked behind the baseline and move from thinking about the last point to the next point. Using a towel, touching the fence or just grabbing two tennis balls, you plan your next point and commit by thinking “I will do this...” (such as serve wide and hit forehand open court).
4. Ready – this is the stage where you face your opponent, walk to the baseline and are fully committed to your plan for the next point. Here it is good to bounce on your toes to activate your feet. Also, keep the mind simple by thinking short things like “attack,” “aggressive,” “patient,” “feet.”... On the serve you bounce the ball a certain number of times and you serve. On the return you sway back and forth and step in to the serve.

Now, on the Pre-Match Plan, fill in two (2) things under Green Light Routine that you will do to be ready to play each point.

Yellow Light Routine (Breathe and Believe)

Yellow Light means “caution” and you have to slow down and make a decision. It is when you are struggling a little. For example, down Love-30 on your serve, when nervous, tight or frustrated. You go to Yellow Light any time that you are off your focus a little.

In the Yellow Light we do more mental work and take more time to fully prepare for the next point. You should not step to the line until you are ready to play! So use a towel, wipe off and try to settle down.

Write in the Match Game Plan under Yellow Light Routine what you will do to bounce back and play well.

**For more information
on Routines, scan:**



Developing Your Match Game Plan

Nutrition for Tennis

Knowing what to eat and drink on and off the court can mean the difference between winning and losing. Follow these nutrition tips to help you perform like a pro!

Nutrition: The food you put in your body directly impacts your performance on the court. Focus on whole grains, lean proteins, fruits, vegetables, and healthy fats to play at your best.

	When?	What?	How much?
Before	3-4 hours prior	carbs + protein + fat	meal
	15-60 minutes prior	carbs	snack
During	every hour	carbs	30-60 grams
After	≤ 30 minutes after	carbs + protein	snack
	≤ 2 hours after	carbs + protein + fat	meal

Hydration: Water is the most important nutrient for tennis players since the sport is usually played in hot, humid weather, and without a time limit. Adopt a fluid plan and drink according to a schedule to avoid cramps and heat illness.

	When?	What?	How much?
Before	2-3 hours prior	water	>16 oz.
	15-30 minutes prior		8 oz.
During	every 15-20 minutes	water + sports drink	4-8 oz.
After	for every pound lost	water	16-24 oz.

Do I REALLY need a sports drink? If training for more than 60 minutes—YES! Choose a sports drink to help replenish fluids and electrolytes lost in sweat and provide a quick energy source to sustain performance during intense and longer duration training sessions.

Dehydration: As little as a 2% loss of body weight due to dehydration has a negative impact on performance. The easiest way to determine your hydration status is to check the color of your urine.



Recovery: Be sure your recovery plan includes the 4 Rs—Refuel, Rebuild, Rehydrate, and Recharge—check off all 4 with adequate carbs, protein, water, and rest after intense workouts!

For more information on
Nutrition and Hydration, scan:



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Player Journal

Pre-Practice Worksheet

Date: _____

Readiness - On a scale of 1-10

(1 being completely fresh, well rested and 10 being completely exhausted/injured)

Please circle what you feel: 1 2 3 4 5 6 7 8 9 10

Objectives of today's practice:

Two areas of focus (technical and/or tactical):

1. _____

2. _____

3. Mental Area of Focus _____



Player Journal

Post-Practice Evaluation

Rate the following:

1. Engagement (listening to the coach, trying to execute the drill the correct way, making good technical and tactical decisions)

1	2	3	4	5
Poor				Excellent

2. Effort and Energy Level (run for every ball, look to do your best, positive energy)

1	2	3	4	5
Poor				Excellent

3. Respect (Attitude, coachable, try to learn even when things are not going well)

1	2	3	4	5
Poor				Excellent

How did you improve your 2 Areas of Focus and Mental Area of Focus:

What did you learn in practice and what can you improve on in the next practice:

Rate of Perceived Exhaustion - On a scale of 1-10

(1 being very easy/fresh and 10 being extremely hard/nothing left)

Please circle what you feel: 1 2 3 4 5 6 7 8 9 10



Player Journal

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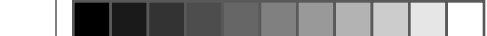
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Player Journal

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1	2	3	4	5
Poor				Excellent

How did you improve your 2 Areas of Focus and Mental Area of Focus:

What did you learn in practice and what can you improve on in the next practice:

Rate of Perceived Exhaustion - On a scale of 1-10

(1 being very easy/fresh and 10 being extremely hard/nothing left)

Please circle what you feel: 1 2 3 4 5 6 7 8 9 10





Player Journal

Pre-Practice Worksheet

Date: _____

Readiness - On a scale of 1-10

(1 being completely fresh, well rested and 10 being completely exhausted/injured)

Please circle what you feel: 1 2 3 4 5 6 7 8 9 10

Objectives of today's practice:

Two areas of focus (technical and/or tactical):

1. _____

2. _____

3. Mental Area of Focus _____



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2. _____

3. Mental Area of Focus _____

Post-Practice Evaluation

Rate the following:

1. Engagement (listening to the coach, trying to execute the drill the correct way, making good technical and tactical decisions)

1 2 3 4 5
Poor Excellent

2. Effort and Energy Level (run for every ball, look to do your best, positive energy)

1 2 3 4 5
Poor Excellent

3. Respect (Attitude, coachable, try to learn even when things are not going well)

1 2 3 4 5
Poor Excellent

How did you improve your 2 Areas of Focus and Mental Area of Focus:

Four horizontal lines for writing.

What did you learn in practice and what can you improve on in the next practice:

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Rate of Perceived Exhaustion - On a scale of 1-10

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Pre-Match Plan

Date: _____

Process Goals: The ABCs

1. _____
2. _____

Tactical game plan set prior to match

1.
2.
3.

Routines (In Between Points)

Green Light Routines

1. _____
2. _____

Yellow Light Routine (e.g. Breathe and Believe)

1. _____
2. _____



Player Journal

Post-Match Evaluation

Post-Match Routine

1. _____

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Explain how you achieved your process goals:

The positive areas of the match were:

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Positive adjustments made during the match (technical, tactical and competitive)

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The areas to be improved:

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Player Scouting Report/Post Match Evaluation of Opponent

Opponent name: _____

Date: _____ Tournament: _____

Surface: _____ Score: _____

Opponent's Style of Play (counter-attacker, aggressive baseliner, all-court player):

Opponent's Strengths

Opponent's Weaknesses

My Strengths

My Weaknesses

My two main strategies that I will use the next time I play this opponent will be:

1. _____

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THE PROGRESSIVE DEVELOPMENT OF A HIGH PERFORMANCE PLAYER

Stage 1: Discover & Learn	Stage 2: Develop and Challenge		Stage 3: Play and Compete
Ages 0-11	Pre-Puberty: Girls ages 11-13 Boys ages 11-15	Post-Puberty: Girls ages 12-16 Boys ages 15-18	Girls 15+ Boys 18+
Learning Theme – Fun and Fundamentals	Learning Theme – Training and Competition		Learning Theme – Personal Excellence
Athletic Development			
Physical Development Components			
Coordination: Motor Learning (hop, skip, jump, start, stop, toss, catch, throw)	Coordination: body & motor control	Coordination: uncontrolled / reactionary	Coordination
Movement: start and stop in forward/side/diagonal patterns	Movement: multi-directional acceleration & deceleration, introduction to clay	Movement: efficient and effective tennis-specific movement	Movement: increase complexity for multi directional
Mobility: static & dynamic stretching (bend/flex, extend, turn)	Mobility: teaching routines w/emphasis on Shoulder / Hip / Spine / Ankle	Flexibility & Mobility: corrective exercise from HPP, routine established	Flexibility & Mobility
Strength: static & dynamic balance, basic squatting / pulling / pushing exercises	Strength: introduce external loads & emphasis on core/hip/shoulder/back	Strength: ability to increase volume &/or load	Strength: volume &/or intensity increased
Conditioning: endurance built from physical activity / game play	Conditioning: increasing requirements for aerobic capacity	Conditioning: increase aerobic intensity & volume, start anaerobic work	Conditioning: increase performance specific tolerances
Power: developed in movement & coordination, and through game play	Power: introduce proper posture & positioning for producing/absorbing force	Power: increase demands for producing/absorbing force	Power: increased complexity for producing/absorbing force
Training Recommendations			
Create Developmental Plan	Developmental Plan (review/adjust 2 times per year)	Developmental Plan (review/adjust 3 times per year)	Developmental Plan (review/adjust 3 times per year)
Create Periodization Plan	Periodization Plan (review/adjust 2 times per year)	Periodization Plan (review/adjust 3 times per year)	Periodization Plan (review/adjust 3 times per year)
Training Recommendations (continued)			
Days / Week			
2 - 5	3-6	4-6	5-6
Tennis Training time/day			
0.5 - 1.5 hrs/day	1.5 - 3 hrs/day	3-4 hrs/day	3-4 hrs/day
Tennis Training hrs / week			
	Age +1 effect: 12 - 16 At least 1-2 days off/week	Age +1 effect: 13-19 hrs/week At least 1-2 days off/week	Age +1 effect: 16-20 hrs / week At least 1 day off/week
Athletic Development / Multi-sport time / day Strength and Conditioning / Injury Prevention time/day			
30 mins/day	45 mins/day At least 1-2 days off/week	45 mins - 60 mins/day At least 1-2 days off/week	45mins - 90 mins/day At least 1 day off/week
Ratio Tennis: Athletic Development			
1:1	2:1	3:1	4:1
TOTAL hrs / week			
2 hrs - 10 hrs	14-20	16-22	*Total number of hours based off individual needs.

Stage 1: Discover & Learn	Stage 2: Develop and Challenge		Stage 3: Play and Compete
Ages 0-11	Pre-Puberty: Girls ages 11-13 Boys ages 11-15	Post-Puberty: Girls ages 12-16 Boys ages 15-18	Girls 15+ Boys 18+
Learning Theme – Fun and Fundamentals	Learning Theme – Training and Competition		Learning Theme – Personal Excellence
Mental and Emotional Development			
Confidence: Progressively believes can achieve more challenging tasks over time and optimistic of chances of success.	Confidence: Looking forward to challenges and maintains belief in themselves even when things not going well.	Confidence: With rising expectations for performance and outcome goals is able to trust in their game and the long term plan for development.	Confidence: With greater expectations continues to believe in capabilities to perform and is optimistic about the future.
Engagement: Learning to stay focused through a drill or a game while doing the repeating skills.	Engagement: Ability to focus on task over time is improving and learning to engage in deliberate practice.	Engagement: Continuing to improve capacity for staying focused during training and becoming more consistent in preparation.	Engagement: Holds focus on task for longer periods of time and is completely engaged with preparation for training and competition.
Resilience: Responds well to mistakes by bouncing back to give full effort, staying positive and trying to find a way to be successful.	Resilience: Learning to manage emotions and adapt to stressful situations by making good choices.	Resilience: Capacity to bounce back and adapt from greater adversity and stress and has learned significant coping skills.	Resilience: Mastering coping skills to deal with increased stress and adversity. Advanced in solving problems in stressful environments.
Determination: Possesses a goal orientation and keeps striving for it despite disappointment and making mistakes. Can work on new or underdeveloped skills with a learning focus.	Professionalism: Awareness of basic professional expectations and in most cases will be inconsistent in following habits or routines.	Professionalism: Learning the expectations of a high performance player and how to prepare. Progressively becomes more consistent with habits, routines and decision making.	Professionalism: Exhibiting the habits and routines of a professional consistently without constant supervision.
Respectful: Shows respect by a willingness to listen to and try multiple things shared by the coach.	Determination: Learning to set more than one goal and work over time towards the goal.	Determination: Able to set short and long-term goals and strive for these goals even during challenging times.	Determination: Aware of short and long-term goals, anticipates barriers to these goals and problem solves well.
	Tough: Wants to keep playing when losing or struggling and will continue to compete.	Tough: Will keep competing through difficult circumstances and learning to be physically, mentally and emotionally tough.	Tough: Embraces challenging situations by responding with physical, mental, and emotional toughness.
	Respectful: Shows respect for parents, peers and coaches by being prepared for practice and matches.	Respectful: Prepared consistently to train and perform; able to show & express respect for opponents and coaches.	Respectful: Able to consistently communicate and express gratitude and respect for coaches, opponents, and the game.

For more information on Strength and Conditioning, scan:



For more information on Mental Skills, scan:



PLAYER DEVELOPMENT JOURNAL



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