



# 13 + PLAYER EVALUATION (consolidating stage)

<b>PLAYER'S NAME:</b>		<b>CLUB:</b>	
<b>E-MAIL:</b>		<b>PHONE:</b>	
<b>GENDER:</b>	<b>BIRTHDAY: MONTH</b>	<b>YEAR</b>	
<b>PLAYING HAND:</b>	<b>BACKHAND:</b>	<b>PROGRAM:</b>	
<b>COACH'S NAME:</b>			
<b>E-MAIL:</b>		<b>PHONE:</b>	

## How to use this evaluation

**Psychological/Tactical/Technical components:** Although some competencies can be evaluated in practice situations, the majority are best evaluated in match play, ideally tournament play over a series of matches to have a “true” evaluation of the player. If practice is used as the main source of evaluation, be sure to confirm findings in match/tournament play.

**Physical components:** You will find a list of priorities for the 13 + Consolidating Stage. For evaluation purposes, see the resource that includes the physical battery of tests.

**Note:** This evaluation is intended to build on the pre-requisite competencies outlined in the U9 Fundamental and U12 Developing stages. Please refer to these documents for details.

**FOR EACH COMPETENCY, RATE 1-2-3**      1= not developed      2= in progress      3= developed

**\*\*Based on International Standards\*\***

### PSYCHOLOGICAL

The consolidating stage is critical as it can determine if a player has an opportunity to compete at a high international level in the future. Players at this stage must be committed, determined and have a strong work ethic. Most importantly, they need to be strong competitors.

	1	2	3
Maintains enthusiasm and enjoyment both in competition and in practice			
Has an identity as a “tennis player”, intrinsically motivated to train and compete.			
Respects players, coaches and officials			
Has a match preparation routine that leads to ideal performance state.			
Is resourceful in competitive situations, always trying to find a way (a “no excuse” mentality)			
Displays positive self-talk, belief thinking and body language			
Ability to control the pace of the match via both an understanding of match momentum and the use of routines and rituals.			
“Hitting the right shot under pressure” regardless of the score or situation.			
Ability to stay in the process when competing thru implementing your objectives and not being focused on the outcome.			
Ability to manage arousal levels through proper breathing and relaxation techniques.			

#### Comments

## TACTICAL

**Note: During this stage, the player will consolidate their gamestyle. The use of power becomes much more pronounced in overall tactics and when executing all strokes as players begin to go through puberty.**

Overall	1	2	3
Ability to sustain high tempo (receive and send)			
Ability to play percentage tennis, playing the right shot at the right time (rally, attack, defend, counter-attack)			
Ability to combine strengths of their game to gain a competitive advantage			
Ability to start the point effectively combining the serve or return with the next shot (serve + 1, return +1) in order to take control of the point			
Aware of their opponents' strengths, weaknesses and tendencies and how to neutralize and exploit them.			
Anticipation and the related movement from a tactical perspective (tendencies, percentages)			
BOYS: 1-2 weapons/shots emerge (i.e. dominating FH, Serve)			
BOYS: Ability to execute 3 shot sequences/combinations around their weapons. (i.e. extremely high level of consistency, great countering ability, exceptional shot variety).			
Both Back	1	2	3
Consistent aggressive baseline play with big targets via hitting through the court			
Ability to reduce space & time by playing early with quick recognition and proper positioning			
Proper positioning (both up/back and lateral)			
Ability to play aggressively down the middle in order to earn a weak ball before opening up the court			
Ability to defend including staying in the point, neutralizing and counter-attacking			
Ability to change rhythm through the use of angles, slice and high topspin in order to take control of the point, including drop shot			
Ability to deal with a change rhythm through the use of angles, slice and high topspin in order to maintain control of the point or at the least neutralize, including receiving a drop shot			
Approaching or at the Net	1	2	3
Ability to recognize and take advantage of all attacking opportunities (relative to their emerging gamestyle)			
Ability to disguise and to delay attack based on movement of the opponent			
Has the tactical skills required to play the net effectively (positioning, anticipation, proper shot selection).			
GIRLS: Ability to finish points at the net primarily through the use of swing volleys and big targets).			
When opponent is Approaching or at the Net	1	2	3
Ability to disguise passing shots and lobs			
Tactical skills required to effectively counter attack when opponent is coming to the net (i.e. two time passing)			
Serving	1	2	3
Ability on first serve to earn more points by hitting more aggressively and using more variations			
Effective 2nd serve in order to ensure that opponent is unable to take control of the point			

Returning		1	2	3			
Ability to take control of the points from the return of second serve (i.e. hitting from inside baseline, use of FH, use of a variety of targets, coming in behind return)							
Ability to effectively neutralize first serves							
Comments							
TECHNICAL							
The technical skills worked on at this stage must effectively support the outlined tactical priorities.							
Overall (for all strokes)		1	2	3			
Note: Players should ideally be coming into this stage with very sound fundamentals (no major surgery should be required). During this stage, fundamentals will be “fine tuned” and they will increase power via more bodywork and racquet speed. Also, more variation and adaptation skills will be required. As well, better court coverage and a greater emphasis on set-up and timing skills become important as ball tempo and court coverage demands increase.							
Developing anticipation and the related movement from a technical perspective (reading)							
Comments							
Groundstrokes and Returns		1	2	3	1	2	3
		Forehand			Backhand		
Grips	Proper grips (should be established at this point)						
Set-up	Adjust racquet and body preparation along with footwork to adapt to various situations (defend, counter, attack, rally);						
	Ability to disguise by having similar set-up regardless of direction of shot						
Impact Point	Maintains excellent timing (clean ball) regardless of the type of ball received and the shot intention						
	Ability to disguise by having the same/very similar impact regardless of direction of shots.						
Hitting Zone	Ability to hit with speed/depth with minimal effort, through a fluid stroke and greater use of the ground and increased rotational forces						
	BOYS: Ability to use forearm and hand for additional racquet speed/spin						
Recovery	Masters various recovery footwork variations depending on the distance required (shuffle, crossover forward, crossover backwards, sprint)						
Comments							

Serve		1	2	3
<b>Note:</b>				
<b>Grips</b>	Continental grip (should be established at this point)			
<b>Set-up</b>	Loading of legs and torso			
	Rhythm to create momentum and proper timing			
<b>Impact Point</b>	Full extension			
	Ability to disguise			
<b>Hitting Zone</b>	Use of body work (ground and rotational forces) and fluid throwing motion to generate racquet speed (a strong hitting action at impact) leading to ball speed/spin			
	Ability to adjust racquet action for both slice and topspin serves			
<b>Recovery</b>	Quick first step recovery to ensure readiness for second shot			
<b>Comments</b>				
Volleys		1	2	3
<b>Note:</b>				
<b>Grips</b>	Continental (should be established at this point)			
<b>Set-up</b>	Ability to adjust racquet, body and footwork, while maintaining balance for the various balls received and shot intention			
<b>Impact Point</b>	Centers the ball regardless of the situation			
<b>Hitting Zone</b>	Ability to adjust racquet action for the variations required (drop, redirect, punch, approach, reflex, swing, half volley)			
	Use of legs to maximize weight transfer/balance when possible			
	Masters their swing volley technique.			
<b>Recovery</b>	Ability to get into position prior to the opponents shot through balance and explosive steps (shuffle, crossover forward, crossover backward, lunge)			
<b>Comments</b>				
Overhead		1	2	3
<b>Note:</b> In addition to regular overheads, also introduce backhand overheads.				
<b>Grips</b>	Continental (should be established at this point)			
<b>Set-up</b>	Ability to cover challenging lobs with explosive crossover and jumping ability			
<b>Impact Point</b>	Ability to hit when ball is very tough and behind body or to side of body			
<b>Hitting Zone</b>	Ability to generate racquet speed via explosive hitting action with forearm and hand when ball is very tough			
<b>Recovery</b>	Explosive and immediate recovery back to the net prior to opponent hit			
<b>Comments</b>				

## PHYSICAL

**Note: At the Consolidating stage, good physical training habits are essential to maximize the player's development. Coordination and speed/agility will continue to be the most important priorities. It is important that the physical training remain fun, when possible, by including games/competition/other sports, etc. Ongoing physical testing is important to monitor progress and should be evaluated three times a year.**

**The following will provide a list of priorities for the 13+ Consolidating Stage. FOR EVALUATION PURPOSES, SEE THE RESOURCE THAT INCLUDES THE PHYSICAL BATTERY OF TESTS.**

### Priority 1a - COORDINATION: Develop tennis coordination 7 motor skills (adaptation skills)

Developing to set up quickly to respond to a specific situation. (reaction time, differentiation, orientation)

Developing to be able to do many different movements at the same time. (differentiation, dissociation, dexterity)

Developing to be balanced during movement. (differentiation, dissociation, balance)

Developing to maintain an efficient rhythm. (differentiation, rhythm, dexterity)

### Priority 1b - SPEED AND AGILITY

Proper running technique

Reacting quickly to multiple signals (decision making)

Capacity to accelerate and decelerate quickly to specific situations

Multi directional running techniques

Note for Priorities 1a and 1b: With puberty, teenage girls and boys will differ in their physical development and qualities, thus it is important that the Coach adjust accordingly as each individual will improve at his/her own pace. Be sure to individualize and progressively increase challenge of the activities to ensure players can adapt to all challenges while ensuring quality form.

Because of morphological changes a decrease in coordination skills affects the fine motor skills. It is therefore important to go back to less complex exercises, as well as to consolidate and improve the execution of already learned movements and techniques.

### Priority 2 - AEROBIC ENDURANCE

Develop the capacity to run up to 30 min

Developing the ability to skip rope from 2- 5 min. (non-stop).

Introducing intermittent efforts from 10-30 sec, sets of 6 mins or greater

### Priority 3a- FLEXIBILITY

Developing the muscular elasticity for the quadriceps, hamstrings, calves, adductors, pectorals and back as priorities.

Developing the range of motion with emphasis on shoulders and hips

### Priority 3b - STRENGTH

Developing core stability

Developing general strength

Developing muscular symmetry

Learning general strength training exercises with additional load

### Priority 4 - PREVENTION

Developing an injury prevention routine (S.A.M. principle – stability, alignment, movement) to strengthen deep muscles.

Developing a pre-post match physical routine

Developing good habits of sleeping, drinking and eating properly

**Note: the physical warm-up is a great opportunity to develop coordination and speed/agility.**

### Comments

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