

# Junior Player Inventory & Goals Sheet

Name \_\_\_\_\_ Age \_\_\_\_\_

1. How many years have you been playing tennis? \_\_\_\_\_
2. If you have a sectional ranking or UTR rating, what is it? \_\_\_\_\_
3. Is tennis your primary (or favorite) sport? If not, what is \_\_\_\_\_
4. To improve your tennis, rate what you feel you need more: (1-5. 1=most, 5=least)

Drills \_\_\_\_\_ Match-play \_\_\_\_\_

Technique refinement \_\_\_\_\_ Fitness \_\_\_\_\_ Mental game training \_\_\_\_\_

5. Please indicate the level of play you would like to achieve:

Recreational \_\_\_\_\_ HS JV \_\_\_\_\_ HS Varsity \_\_\_\_\_ College \_\_\_\_\_

6. State 3 goals you have as a tennis player

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Thank you!**

# Player Skills Inventory & Goals Sheet

Note: This one's more extensive and can be used for juniors or adult

Player Name \_\_\_\_\_ Date of Inventory \_\_\_\_\_

<b>Forehand groundstroke</b>	Solid	Improving	Weak
Racket preparation, spacing & technique			
Consistency in rallies			
Ability to hit low			
Ability to hit high			
Ability to hit with slice			
Ability to defend			
Ability to attack			
<b>Backhand groundstroke</b>	Solid	Improving	Weak
Racket preparation, spacing & technique			
Consistency in rallies			
Ability to hit low			
Ability to hit high			
Ability to hit with slice			
Ability to defend			
Ability to attack			

<b>Forehand volley</b>	Solid	Improving	Weak
Comfortable with continental grip			
Volley motion (short & compact)			
Ability to poach			
<b>Backhand volley</b>	Solid	Improving	Weak
Comfortable with continental grip			
Volley motion (short & compact)			
Ability to poach			
<b>Overhead smash</b>	Solid	Improving	Weak
Comfortable with continental grip			
Early preparation			
Timing			
Ability to end point			
<b>Serve</b>	Solid	Improving	Weak
Ability to serve with continental grip			
Toss			
Ability to hit different spots			
Ability to hit the various spins			
<b>Return of Serve</b>	Solid	Improving	Weak
Forehand consistency			
Backhand consistency			
Ability to handle power			
Ability to attack a weak serve			

<b>Lob</b>	Solid	Improving	Weak
Forehand lob/ offense			
Forehand lob /defense			
Backhand lob/offense			
Backhand lob/defense			
<b>Half-volley</b>	Solid	Improving	Weak
Forehand			
Backhand			
<b>Drop Shot</b> (forehand & backhand)			
<b>Movement</b>	Solid	Improving	Weak
Overall quickness			
Ability to gain balance and step into shots			
Endurance			
<b>Mental Game</b>	Solid	Improving	Weak
Ability to maintain focus			
Confidence on the big points			
Ability to fight back when behind			
Ability to pick up my partner when they're having a bad day			

## Final Questions

1. My most consistent shot is my: \_\_\_\_\_

2. My weakest shot is my: \_\_\_\_\_

3. I feel most comfortable on the court when I'm at the (circle one) Baseline Net

4. My tennis goals are:

---

---

---

---

---

**Thank you!**