

Perform a detailed physical and technical evaluation. In order to receive the most objective results, we recommend you to use the help of experienced tennis expert when evaluating technique / tactics, personal sport psychologist when evaluating mental section and fitness coach when evaluating physical section.

Evaluate one shot at a time / follow the steps below:

**1. Warm up rally from the middle of the court (5-10 minutes)**

Rate/observe: CONTROL, CONSISTENCY

**2. Cross court rally forehand & backhand**

Rate/observe: CONTROL, ACCURACY, STYLE, GRIPS

**3. Cross court points until 5 (only particular shot allowed - forehand or backhand)**

Rate/observe: CONTROL, VARIETY

**4. Feed wide in order to test players' ability to hit in the run (shorter, longer, lower, higher)**

Rate/observe: BALANCE, RECOVERY

**5. Feed higher & shorter balls to test players' ability to play aggressive and hit winners**

Rate/observe: STANCE, STYLE, CONTACT POINT, FOLLOW THROUGH

**6. Feed high & long balls to test players' ability to play defensive**

Rate/observe: CONTACT POINT, BODY TRANSFER

**7. Feed lower & shorter balls to test players' ability to approach the net (down the line, cross court)**

Rate/observe: APPROACHING SHOTS

**8. Use the drills to test player's ability to use lobs, passing shots and drop shots**

Rate/observe: DROP SHOTS

**9. Evaluate volleys (high, low, down the line, cross court) and smash**

Rate/observe: VOLLEYS, SMASH

**10. Evaluate 1st & 2nd serve**

Rate/observe: GRIP, STYLE, TOSS, STANCE, CONTACT POINT, BODY TRANSFER, ACCURACY, PACE