

Developing Performance Review Tool (A)		Player		Reviewer		Date		Overall scores	
		1	2	3	4				
Trainability/task mastery	Motivation	Motivation to train is questionable		~ motivation to train		Consistently motivated to train		Highly self motivated in training	
	Feedback	Resistant to feedback: doesn't act upon it		~ response to feedback, sometimes acts upon it		Responds to feedback and often acts upon it		Seeks out, accepts and quick to act upon feedback	
	Learning	Slow learner in most areas		~ ability to learn – some good/some weak areas		Good learner in many areas of the game		Consistently quick learner in most areas of the game	
	Focus	Poor focus: easily distracted, lacks persistence		~ focus, sometimes distracted, variable persistence		↑ average focus/persistence, occasionally distracted		Focuses effectively: cuts out distractions, highly persistent	
	Expression	Player rarely expresses their views or ideas		~ expression of views/ideas – needs prompting from coach		Will often express views/ideas		Open, honest + 2 way comm ² between coach and player	
Winning Characteristics	Competition	Lacks motivation in competition		~ desire to compete		Usually keen to compete		Highly self motivated to compete	
	Emotions	Lacks emotional control: often displays –ve emotions		~ control of emotions		Reasonable control of emotions: usually +ve		Controls –ve emotions, displays +ve emotions	
	Belief	Little belief in own ability to succeed: unconfident		~ self belief which is often lost under moderate pressure		Self belief sustained under moderate levels of pressure		Unshakeable belief in their own ability to achieve	
	Challenge	Often backs down from challenges		Sometimes rises to the challenge		Often takes on challenge: above average success		Tough: enjoys taking on a challenge/ often succeeds	
	Pressure	Loses control under pressure		Makes many errors of judgement under pressure		Often displays ability to think clearly under pressure		Thinks Clearly Under Pressure (TCUP)	
	Realism	Unrealistic goals: subjective, emotional, shallow assess ¹		Realistic goals: subjective, shallow, emotional assess ¹		Realistic goals: is developing objectivity + ability to evaluate		Realistic but challenging goals: objective, calm assessment	
	Losses	Losses/setbacks do not hurt, learns little from experience		Upset at losses/setbacks, learns slowly from experiences		Upset at losses/setbacks, gradually learns from experience		Upset at losses/setbacks – then considered, +ve response	
	Accountable	Unwilling/unable to accept accountability for actions		Sometimes accepts accountability for own actions		Generally accepts accountability for own actions		Accepts accountability for own actions + responds effectively	
Competition/ Results Profile	Competes regularly (3 or more) on BE circuit in bronze singles events		Competes regularly on BE circuit (3 or more) in silver/gold singles events		• In a year/season 3 singles ¼ finals are reached in designated U11/12/13/14/15/17/19 tourneys		Has achieved 4+ singles wins against top 5 in age group in 1 year		
Tactical Awareness	Spatially Aware	Doesn't hit to space, covers own space ineffectively		Beginning to gain understanding of covering/using space		Beginning to apply understanding of use of space		Excellent use of space and adapts use of space instinctively	
	Self aware	Unaware of own strengths/weaknesses		Aware - strngths/ wknss – finds it hard to use practically		Beginning to use strengths/ cover weaknesses effectively		Maximises own strengths/ minimises weaknesses	
	Opponent aware	Unaware of opponent's strengths/weaknesses		Aware of opponent's stgths/wknss – finds it hard to use practically		Spots strengths/ weaknesses and can sometimes exploit		Spots + exploits opponent's strengths/weaknesses	
	Partner aware	Poor at using basic doubles formations		Use of basic doubles formations but regimented		Covers court/situations effectively with partner		Adapts instinctively in games to different situations/partners	

Developing Performance Review Tool (B)		Player	Reviewer		Date	Overall scores
		1	2	3	4	
Racket skills	Grips	Grips incorrect/tight	Basic/thumb grips in evidence but tight	Relaxed grips maintained in predictable situations	Relaxed grips / grip changes in unpredictable situations	
	BH serve	Cramped preparation, long swing, drops shuttle, tight grip.	Small shuttle drop - tight grip – reach in preparation improving	Good reach - short hit from hand mainly using hand/fingers/wrist	As in 3 but has deceptive flick	
	FH serve	Uncoordinated, shuttle thrown	Full swing and weight transfer developing (hip-hit)	Fluent hit – capable of producing high flight path	Natural and flowing- easily adjusted to low and flick	
	BH NS	BH NS lacks touch and control	Basic BH NS but hard hands – little feel to shots	Basic BH NS played with feel (soft hands)	Can play BH NS with accuracy when off the net	
	FH NS	FH NS lacks touch and control	Basic FH NS but hard hands – little feel to shots	Basic FH NS played with feel (soft hands)	Can play FH NS's with accuracy when off the net	
	BH lift	BH lift backswing takes hand behind body	BH lift backswing - racket head goes behind body	BH lift backswing - racket head in front of body	BH lifts flicked with a short, deceptive hitting action	
	FH lift	FH lift backswing takes hand behind body	FH lift backswing - racket head goes behind body	FH lift backswing - racket head in front of body	FH lift flicked with a short, deceptive hitting action	
	FC range of strokes	Very narrow range of strokes in forecourt	Some variety of fc strokes (eg some of spin ns, x-net, held net+ lift)	Wide range of fc strokes (eg most of spin ns, x-net, held net/lift)	Wide range of strokes in fc used effectively	
	FH OH	Disjointed, unnatural + long throwing action	Tight but compact preparation, long action	Relaxed, compact preparation and compact throw	Clear, smash and drop have basic similarity in execution	
	FH OH range	Very narrow range of oh 's	Some variety of oh's : (e.g. some of clips, slices, held clear, stopdrop)	Wide range of oh's: (e.g. most of clips, slices, held clear, stopdrop)	Wide variety of oh 's used effectively	
	BH Drive	No thumb grip, floppy wrist, long swing from shoulder	Thumb grip used but tight, wrist "stronger", long swing	Rlxd thumb grip, forearm rotation developing, long follow through	As for 3, but with crisp hit and limited follow through	
	BH OH DS	Floppy wrist, elbow up early, minimal forearm rotation	Stable wrist, long swing, little use of forearm rotation, flow developing	Stable wrist, uses arm rotation, compact hit, flows	Consistent bh oh ds, straight and cross	
Athleticism	Acc ^a	Slow and/or uncontrolled acc ^a and dec ^a	Control of acc ^a + dec ^a - improving but slow	Controlled acc ^a + dec ^a - above average speed	Rapid but controlled acc ^a + dec ^a	
	Leg Power	Limited leg power – low jump scores	↓ average leg power - ↓ average jump scores	Good leg power – ↑ above average jumps	Explosive leg power – excellent jump scores	
	Endurance	Low endurance frequently a factor in losses	Below average endurance sometimes a factor in losses	Copes well with long rallies/matches/tournaments	High endurance: thrives in long rallies/matches/tournaments	
	Agility	Very limited agility	Basic agility in predictable situations (e.g. shadowing)	Agility developing in unpredictable situations	Excellent agility: quality high in matchplay	
	Split-step	No split-step, slow to move off	Balanced split step – high jumping action,	Balanced and timed split step, jump less pronounced	Timed split step, lower jump/ short ground contact	
	Posture + balance	Upper body leads, legs follow	Legs drive movement, upper body un-controlled	Legs drive - upper body controlled but stiff	Legs drive - controlled/relaxed upper body	
	Quick feet	Very slow feet	↓ average foot quickness compared to peers	↑ average foot quickness compared to peers	Quick feet, able to make rapid and instinctive adjustments	
	Speed	Covers ground slowly	↓ average speed covering ground compared to peers	↑ average speed covering ground compared to peers	Maintains speed in activities with some unpredictability	
	Patterns	Few engrained patterns of movement	Some patterns of movement, linking specific court areas	Good patterns of movement but lacks instinctive variation	Excellent patterns adapted instinctively to situations	
	Jump/ land	Uncoordinated jumps + unbalanced landings	Basic jumps coordinated with balanced landings	Range of jumps expanding – coordination/balance sustained	Explosive and well timed jumps, balanced landings	
	Lunge	Lunging misaligned, limited range, off-balance recovery	Lunge aligned but limited range, off-balance recovery	Aligned lunge with good range, adequate recovery	Aligned lunge, good range/ recovery under pressure	