

Emerging Performance Review Tool (A)		Player		Reviewer		Date		Overall Score	
		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 ⁿ 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, gradual 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	
Lifestyle factors	Self reliance	Relies heavily on others to manage commitments		Shows some evidence of self management		Self manages the majority of areas		High level of self management	
	Nutrition	Poor application of nutritional advice		~ approach to effective nutritional advice		Tries to implement sound nutritional advice		Very committed to applying sound nutritional advice	
	Lifestyle	Lifestyle issues frequently affect sports performance		Lifestyle issues sometimes affect sports performance		Lifestyle issues occasionally affect sports performance		Lifestyle issues rarely affect sports performance	
	Managing time	Lacking in time management skills		Needs frequent support to maintain effective time manag ¹		Usually good at managing time		Consistently effective time manager	
	Plan	Disorganised: little evidence of /adherence to a plan		Some planning but inconsistent adherence		Planning in evidence and usually adheres to plan		Highly effective planner: sticks to plan in committed fashion	
Competition/ Results Profile	Competes regularly on BE circuit in bronze singles events		Competes regularly on BE circuit 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		4+ singles wins against top 5 in age group (or against higher ranked senior players) 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 - adapts use of space instinctively	
	Self aware	Unaware of own strengths/weaknesses		Aware - strgths/ wkns – 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/ wkns – finds it hard to exploit		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	

Emerging Performance Review Tool (B)		Player		Reviewer		Date	Overall Score		
		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	
	NS (BH+FH)	Net shots lack touch and control – hard hands		Basic net shots – hard hands but touch/feel developing		Basic net shots played with feel (soft hands)		Can play net shots with accuracy when off the net	
	Lifts (BH+FH)	Lift backswing takes hand behind body		Lift backswing - racket head goes behind body		Lift backswing - racket head in front of body		Lifts 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 (e.g. 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 strokes		Some variety fh oh's: (e.g. some of clips, slices, held clear, stopdrop)		Wide range fh oh's: (e.g. most of clips, slices, held clear, stopdrop)		Wide variety fh oh's strokes used effectively in match play	
	BH drive	No thumb grip, floppy wrist, long swing from shoulder		Thumb grip used but tight, wrist "stronger", long swing		Rlxd thb grip, forearm rotation developing, long follow through		As for 3, but with crisp hit and limited follow through	
	BH OH	Floppy wrist, elbow up early, minimal forearm rotation		Stable wrist, long swing, little use of forearm rotation		Stable wrist, uses arm rotation, compact hit, developing power/variety		As for 3, but has variety/power /control	
	Pace	Only uses extremes of pace strokes – fast or slow		Able to vary pace on strokes in predictable practices		Able to vary pace on strokes in less predictable practices		Able to vary pace on strokes effectively in match play	
Turning the shuttle	Struggles to turn the shuttle away from an attacker		Technically proficient turning the shuttle in predictable practices		Able to turn the shuttle in less predictable practices		Able to turn the shuttle effectively in match play		
Athleticism	Acc ²	Slow and/or uncontrolled acc ² and dec ²		Control of acc ² + dec ² improving but slow		Controlled acc ² + dec ² – above average speed		Rapid but controlled acc ² + dec ²	
	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 match play	
	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 uncontrolled		Legs drive but 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 of movement 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		