

Raw Performance Review Tool		Player		Reviewer		Date		Overall score	
		1	2	3	4				
Trainability and 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	
Winning Characteristics		Lacks motivation in competition		~ desire to compete		Usually keen to compete		Highly self motivated to compete	
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		Has achieved 4+ singles wins against top 5 in age group in 1 year	
Tactical awareness		Lacks spatial awareness – just hits the shuttle		Some spatial awareness - ~ application		Uses/covers space effectively but predictable patterns of play		Uses/covers space effectively and adapts play instinctively	
Racket Skills	Basic grip	Clear PH grip – needs big change to achieve basic grip		Slight PH – still needs some change to achieve basic grip		Basic grip established but rather tight		Relaxed basic grip	
	Thumb grip	Thumb rarely established correctly on back of handle		Thumb used inconsistently on back of handle		Use of thumb grip in evidence but tight		Relaxed thumb grip allowing thumb/fingers to interact	
	Grip length	Very short grip (towards ferrule)		Short grip – mid-handle position		Grip towards bottom of racket handle		Long grip using handle to its full extent	
	BH serve	Cramped preparation, long swing, shuttle drop, tight grip.		Small shuttle drop - tight grip improved reach		Good reach - short hit from hand mainly using hand/fingers/wrist		As in 3 but has deceptive flick	
	FH serve	FH HS: uncoordinated		FH HS: full swing and weight transfer developing		FH HS: fluent hit – capable of producing high flight path		FH HS: natural and flowing-easily adjusted low and flick	
	BH NS	Net shots lack touch and control		Basic net shots but hard hands – little feel to shots		Basic net shots played with feel (soft hands)		Can play net shots with accuracy when off the net	
	FH NS	Net shots lack touch and control		Basic net shots but hard hands – little feel to shots		Basic net shots played with feel (soft hands)		Can play net shots with accuracy when off the net	
	BH Lift	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	
	FH Lift	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	
	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	
BH Drive	No thumb grip, floppy wrist, long swing from shoulder		Thumb grip used but tight, wrist “stronger”, long swing		Thumb grip relaxing, forearm rotation developing		Hit using thumb grip, forearm rot. + elbow extension		
Athleticism	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 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 unpredictable	
	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, little ROM, off balance recovery		Lunge aligned but limited ROM		Aligned lunge with good range		Aligned lunge, good range and recovery under pressure	