

Junior Tennis Player Self-Assessment Template

Player Information

Name

Age

Coach

Date

Self-Assessment: Technical Skills

Skill	Rating (1-5)	Comments
Forehand	<input type="text"/>	<input type="text"/>
Backhand	<input type="text"/>	<input type="text"/>
Serve	<input type="text"/>	<input type="text"/>
Volley	<input type="text"/>	<input type="text"/>
Footwork	<input type="text"/>	<input type="text"/>

Self-Assessment: Mental Skills

Skill	Rating (1-5)	Comments
Focus	<input type="text"/>	<input type="text"/>
Confidence	<input type="text"/>	<input type="text"/>
Resilience	<input type="text"/>	<input type="text"/>

Self-Assessment: Physical Skills

Skill	Rating (1-5)	Comments
Speed	<div><div></div><div></div><div></div><div></div><div></div></div>	
Endurance	<div><div></div><div></div><div></div><div></div><div></div></div>	
Strength	<div><div></div><div></div><div></div><div></div><div></div></div>	

Goals & Areas to Improve

My goals for the next month:

Areas I want to improve: