

The Courtside Coach- Player's Self Scouting Report
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Great Players have an accurate picture or sense of their own strengths and weaknesses. They evaluate themselves on a regular basis, and especially after every match. To rate your own skills, use the following scale:

- 5= excellent
- 4= very good
- 3= good
- 2= poor
- 1= needs a lot of work
- 0= not in repertoire (very poor)

A. Mental Skills

1. General confidence _____
 2. Ability to control anxiety _____
 3. Mental toughness when ahead _____
 4. Mental toughness when behind _____
 5. Able to close out matches _____
 6. Willing to take risks when appropriate _____
 7. Prepares well when opponent is predicted to win _____
 8. Can maintain concentration against a weaker opponent _____
 9. Can stay focused on the present point and not dwell on past points _____
 10. Does not get distracted by anger or frustration _____
- Total for Mental Skills:** _____

B. Body Control

1. Court speed _____
 2. Court agility (court coverage) _____
 3. Good balance (can stay on feet) _____
 4. Quick reactions (reflexes) _____
 5. Endurance in long points _____
 6. Endurance in long matches or heat _____
 7. Endurance across multiple matches _____
 8. General strength _____
 9. Generally immune to injury _____
 10. Able to relax on big points _____
- Total for Body Control** _____

C. Technical Ability: Strokes

1. Serve – general ability rating _____
Serve power (speed of ball flight) _____
Serve placement _____
Serve variety (kick, slice, flat, etc) _____

2. Return of Serve – general ability rating _____
Offensive return _____
Chip return _____
Cross court return deuce court _____
Down the line return deuce court _____
Cross court return ad court _____
Down the line return ad court _____

3. Overhead smash – general ability
Placement _____
Power _____
Movement to get into position _____
Backhand overhead _____

4. Passing shots – general ability _____
Forehand – down the line _____
Backhand – down the line _____
Forehand – crosscourt _____
Backhand – crosscourt _____

5. Lob – general ability _____
Offensive topspin lob _____
Defensive lob _____

6. Approach Shots – general ability _____
Forehand – down the line _____
Backhand - down the line _____
Forehand – crosscourt _____
Backhand – crosscourt _____

7. Volley – general ability _____
Solid on 1st volley _____
Solid on approach volley _____
Finishing volley _____

8. Half-volley – forehand _____
Half-volley – backhand _____

9. Drop shot – forehand _____
Drop shot – backhand _____

10. Drop volley – forehand _____
Drop volley – backhand _____

Total for Technical Ability: Strokes _____

Grand Total: _____