

Coaches Feedback Form



DONABATE PORTRANE
TENNIS CLUB

During the coaching sessions the children will generally be working on the following elements
Coaches may also add or reduce the number of elements should they feel appropriate given the age and level of the class.

This feedback form is intended to give you the Parent/Guardian an idea of what is being covered during coaching so you can help your child if you wish and also give you general feedback on how your on child has progressed during the coaching term.

1. Technical.

i Ready position with emphasis on use both hands ii Split step

2. Forehand

i. Preparation, ii. Loop, iii. Contact point , iv. Follow through

3. Backhand

i. Preparation prior to shot and if using a one handed backhand the use of free hand in preparation, ii. Grip, iii. Contact point, iv. Follow through.

4. Serve

i. Consistent ball toss, ii. Throwing action, iii. Introduction of chopper grip.

5. Volley

i. Preparation, ii. Contact point, iii. Execution of shot movement.

6. Movement

i. Movement to the ball, ii. Stability prior to shot.

7. Tactical

Court position for doubles and singles.

8. Rallying

i. Ability to rally consistently on the forehand, ii. Ability to rally consistently on the backhand

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Name :-

Overall performance :

	Very Good	Making Good Progress	Developing But Needs More Work	Not Covered
1. Technical				
Ready Position				
Use of Split Step				
2. Forehand				
Preparation				
Loop				
Contact Point				
Follow Through				
3. Backhand				
Preparation				
Grip				
Contact Point				
Follow Through				
4. Serve				
Consistant Ball Toss				
Throwing Action				
Chopper Grip				
5. Volley				
Preparation				
Contact Point				
Execution of movement				
6. Movement				
To the ball				
Stability prior to shot				
7. Tactical				
Singles Court position				
Doubles court Position				
8. Rallying				
Forehand				
Backhand				
Other				

Level of Class to sign up for Next Term:-