

PLAYER PROFILE

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Profiling usually involves the coach assessing the strengths and weaknesses of the player. The fundamental use of a player profile is to show to the player his/her own potential and to assist them in setting goals for future improvement.

Players who aspire to succeed in tournament tennis should have a profile made by their coach. Assessment is an ongoing process and as such profiles should be made again as the player develops.

Below is a player profile worksheet which can be filled in at different times (eg quarterly) by the coach.

Player's Name: _____ Coach's Name: _____

Length of time coaching player: _____ Date profile completed: _____

TECHNICAL/TACTICAL		STRENGTHS	NEEDS TO IMPROVE
When Serving (1st & 2nd)			
Ritual	Spin & Power		
Balance	Attacks weaknesses		
Toss	Serve & Volley		
Kinetic Chain	Disguise, Variety		
Consistency	Serve & Groundstroke attack		
Direction	Right/Left service boxes		
When Receiving (FH & BH)			
Preparation	Chip & charge		
Against power serve			
Against spin serve	Putting ball back into play		
Against serve & volley			
Against weak serve	Right/Left service boxes		
When stretched	First/Second serve		
Counter attack/hitting early			
When Both Back (FH & BH)			
Consistency	On the run		
Placement	Ability to attack/defend		
Depth	Rhythm, change of pace		
Variety & tempo	Hitting early & inside		
Use of spin	Power		
Exploits weaknesses	Recovery under pressure		
When Approaching or at the net (FH & BH)			
Sees opportunity	Reacts quickly		
Balance	Footwork on way in		
Placement	Put ball away		
Positioning at net	Touch		
Volley & Smash (variations),	approach shots		
When opponent approaches or is at net (FH & BH)			
Variety of passing shots	Hitting early		
Lobs (offensive/defensive)	On the run		
Hitting low over the net	Counter attacking		
PHYSICAL		STRENGTHS	NEEDS TO IMPROVE
Speed	Strength & Power		
Flexibility	Endurance (Aer./Anaerobic)		
Agility	"Scrambling"		
Response	Balance		
Explosive movement	Co-ordination		
Recovery	Footwork		
PSYCHOLOGICAL		STRENGTHS	NEEDS TO IMPROVE
Concentration	Routines		
Committed to excel	Self-talk		
Competitive spirit	Motivation		
Reactions under pressure:	emotional control		
Enjoyment of tennis	Reactions to environment		
"Image projection" on court:	confidence		
Gives 100% effort	Decisive on court		
Ability to learn	Overall Behaviour		
Intelligence	Love for practice		
Personality	Desire to be a pro		
MATCHPLAY		STRENGTHS	NEEDS TO IMPROVE
Gamestyle	Patterns of play used		
Stroke range	Use of variations		
Match preparation (technical, tactical, physical.)			
Match plan, changes & adaptations			
Anticipation, momentum, shot selection			
Overall understanding of the game			
Doubles tactics			
Other comments / notes:			