



2023 Tennis Self-Assessment

Use this planner to reveal areas you want to improve in 2023. Use a scale from 1 - 5 (low to high) to provide an honest assessment of your skills (in match play).

Strokes and Shots	Technical Quality	Shot Consistency	Shot Accuracy	Control of Power	Control of Spins	Overall Effectiveness	Self Confidence in this Stroke/ Shot	Total Score
First Serve								
Second Serve								
Slice Serve								
Topspin Serve								
First Serve Return - Forehand								
First Serve Return - Backhand								
2nd Serve Return - Forehand								
2nd Serve Return - Backhand								
Topspin Forehand Groundstroke								
Topspin Backhand Groundstroke								
Slice Backhand								
Slice Forehand								
Forehand Topspin Approach Shot								
Forehand Slice Approach Shot								

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Strokes and Shots	Technical Quality	Shot Consistency	Shot Accuracy	Control of Power	Control of Spins	Overall Effectiveness	Self Confidence in this Stroke/ Shot	Total Score
Backhand Topspin Approach Shot								
Backhand Slice Approach Shot								
Forehand Mid-Court Kill Shot								
Backhand Mid-Court Kill Shot								
Forehand Volley - High Contact								
Forehand Volley - Medium Contact								
Forehand Volley - Low Contact								
Backhand Volley - High Contact								
Backhand Volley - Medium Contact								
Backhand Volley - Low Contact								
Overhead off the Bounce								
Overhead Out of the Air								
Backhand Overhead								

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On a scale from 1 - 5 (low to high), provide an honest assessment of your skills:

Fitness	Score
Mobility & Flexibility	
Agility	
Quickness	
Endurance	
Speed	
Strength	

Mental	Score
Match Preparation	
Concentration	
Routines & Rituals	
Discipline	
Self-Control	
Body Language	

Strategy & Tactics - Score	
Match Planning	
Establish Game Plans	
Adjust Game Plans	
Aggressive Play	
Defensive Play	
Big Point Play	

Plans and Goal Setting:

Use the following charts as starting points to establish reasonable / achievable plans to reach your goals.

Strokes and Shots	Hrs Weekly
Private Lessons	
Serve Practice	
Groundstroke Practice	
Volley Practice	
Point Play Practice	
On-Line Learning	

Fitness	Hrs Weekly
Mobility & Flexibility	
Agility	
Quickness	
Endurance	
Speed	
Strength	

Mental	Hrs Weekly
Match Preparation	
Concentration	
Routines & Rituals	
Discipline	
Self-Control	
Body Language	