

UNDER 9 PLAYER EVALUATION (fundamental stage)

PLAYER'S NAME:		CLUB:
E-MAIL:		PHONE:
GENDER:	BIRTHDAY: MONTH	YEAR
PLAYING HAND:	BACKHAND:	PROGRAM:
COACH'S NAME:		
E-MAIL:	РНОМ	NE:

How to use this evaluation

Psychological/Tactical/Technical components: Although some competencies can be evaluated in practice situations, the majority are best evaluated in match play, ideally tournament play over a series of matches to have a "true" evaluation of the player. If practice is used as the main source of evaluation, be sure to confirm findings in match/tournament play.

Physical components: You will find a list of priorities for the U9 Fundamental Stage. For evaluation purposes, see the resource that includes the physical battery of tests.

FOR EACH COMPETENCY, RATE 1-2-3 **Based on International Standards**	3 = develo	3 = developed			
PSYCHOLOGICAL					
Note: It is important for the players at this	s stage to develop the "	love of tennis" – playir	ng, practicing,	competin	g.
			1	2	3
Calm and positive attitude					
Manage mistakes in a positive manner					
Mini-routine prior to each point (serve and	return) and between po	oints			
Good sportsmanship including respect for	coaches, officials and ot	her players			
Good practice habits and being committed	to improvement				
Best effort through a "getting to every ball	attitude" and determinate	ation to put every ball i	n		
the court (mentality of consistency)					
Focus and engagement in training and com	petition				
Comments					

TACTICAL

Note: The overall emphasis for U-9 and U-12 players is on consistency (putting one more ball in the court than the opponent). Understanding that tennis is a game of errors and thus the importance of pressuring with a consistency and percentage tennis.

Playing very consistent via clear intentions: depth, moving the opponent (precision), changing rhythm while playing to big targets and looking to play more aggressive once you have opportunities.

For the benefit of the long term development of the player, it is important to use a progressive approach (red, orange, green) that is proportionate to the player's size/ability. This will help ensure that all court game is developed.

Overall	1	2	3
Competes with a high level of consistency			
Plays percentage tennis, playing the right shot at the right time (rally, attack or defend)			
Recovery position (horizontal) before ball bounces on other side based on angle of potential shots.			
Both Back	1	2	3
Plays with a high level of consistency and depth via the use of big targets			
Moves the opponent via control of direction (precision)			
Plays the opponents weakness (often at this age this is the backhand)			
Takes control of the middle of the court through the use of the strength of the player (this will			
usually be the forehand for boys and could be either FH or BH for girls)			
Sends an arched ball if a more defensive ball is required			
			
Approaching or at the Net	1	2	3
Finishes the point through directing volley to open court, short or deep			
Serving	1	2	3
Plays with a high percentage of 1st serves and to the opponent's weakness (often at this age			
this is the backhand)			
Returning	1	2	3
Uses quality rally balls to keep the opponent back or play to the opponent's weakness (often			
at this age this is the backhand) or to move the opponent (outside the middle zone)			
Comments			

TECHNICAL

The technical skills worked on at this stage must effectively support the identified tactical priorities.

The overall emphasis in the U-9 and U-12 is to ensure that the player has a very sound technical base in all stroke to create a foundation for an all around game and further development.

	i fundamentals will be best developed using a progre	ssive app	proach (pr	oper cour	t size and		
Overall (for all strokes)				1	2	3	
Energetic look and focus (search and collect information)							
Quick reaction and timing of split step							
Comments							
Groundstro	kes and Returns	1	2	3	1	2	3
			Forehand	ł		Backhand	ł
Note: Priorit	ize the technique at the beginning that emphasizes a	flatter/st	traighter i	ally traie	ctory thru	i the use o	ofa
	paration, an eastern grip, long hitting zone and linear						
	open stance and more angular bodywork.	,					
	FH - eastern to semi-western		1				
	2 hand BH – top hand eastern, bottom hand						
Grins	continental						
Grips	1 hand BH - eastern						
	Ensure grip change from one shot to another						
	Early preparation before the ball crosses the net						
	Use of the non dominant arm and body together						
Set-up	Set-up base (feet) before the bounce with balance						
Set-up	and proper stance (neutral, semi-close or semi-						
	open)						
	Consistent impact between waist and shoulder						
Impact	height level, slightly in front at a comfortable						
Point	distance from the body						
1 Onite	Breathing out at impact						
	Long hitting zone (technique required to hit						
	through the court with depth/pace and minimal						
	topspin)						
	Acceleration, a rhythm that increase the racquet						
	speed prior to impact						
Hitting	Smooth and effortless stroke						
Zone	Forward body transfer from back to front foot						
	Complete rotation of shoulders (FH and 2 handed						
	BH)						
	Proper racquet trajectory and follow through						
	depending on shot selection (rally, attack, defend)						
	Balance throughout shot						
Recovery	Initiate the proper first step of recovery (shuffle,						
	cross or sprint) depending on the distance away						
	from the ideal recovery position						
Comments							

Grips Continental grip	Grips Continental grip	Set-up Establish a balanced starting position Image: Control of the toss with a slow rhythm Synchronization and coordination of the arms Image: Consistent toss for an impact in front and to the right (1 o'clock) reaching up Image: Consistent toss for an impact in front and to the right (1 o'clock) reaching up Point Racquet angle facing target Image: Consistent toss for an impact in front and to the right (1 o'clock) reaching up Image: Consistent toss for an impact in front and to the right (1 o'clock) reaching up Hitting Proper throwing action Image: Consistent toss for an impact in front and to the right (1 o'clock) reaching up Image: Consistent toss for an impact in front and to the right (1 o'clock) reaching up Hitting Proper throwing action Image: Consistent toss for an impact in front and to the right (1 o'clock) reaching up Image: Consistent toss for an impact in front and tose ponent in the same time of impact and solution to the right (1 o'clock) reaching up Image: Consistent toss for an impact in front and solution to the super toss for an impact and solution to the toss for an impact and solution to the super toss for an impact and solution to the super toss for an impact and solution to the super toss for an impact and tose ponent hits Image: Continental for the super toss for an impact and solution the super toss in front and away of body Image: Continental for the super toss in front and away of body Image: Continental for the super toss in the same time of impact toss in the same time of impact toss in the same time of impact tossin ton son tos in the same time of impact and ton the	Grips Continental grip Impact Set-up Control of the toss with a slow rhythm Impact Synchronization and coordination of the arms Impact Impact Consistent toss for an impact in front and to the right (1 o'clock) reaching up Impact Point Racquet angle facing target Impact Impact Hitting Proper throwing action Impact Impact Follow through on the opposite side of the body Impact Impact Balance throughout shot Impact Impact Comments Volleys 1 2
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Overhead		1	2	3
Note: At the b	beginning, prioritize receiving an easy ball with the proper set-up and timing of the hit.			
Grips	Continental			
	Sideways body position			
Cature	Use of the non-dominant arm to point at the ball			
Set-up	Racquet in a throwing position and elbow at 90 degrees			
	Introduce the shuffle and cross-over steps			
Impact	Slightly in front and reaching upward			
Point				
	Proper throwing action (hammer action leading with the edge of the racquet)			
Hitting	Move forward with body weight at impact			
Zone	Balance throughout shot			
Recovery	Before opponent's hit			
Comments	·			

PHYSICAL

Note: At the Fundamental (U-9) and Developing Stages (U-12), it is essential to develop the overall physical literacy including fundamental movement skills (running, jumping, throwing and catching) and fundamental motor skills (balance, speed/agility and coordination). Playing other sports will greatly contribute and is highly recommended. Also, at these early stages, good physical training habits are important to develop. It is important that physical training be fun and include games and competition when possible.

The following will provide a list of priorities for the U9 Fundamental Stage. FOR EVALUATION PURPOSES, SEE THE RESOURCE THAT INCLUDES THE PHYSICAL BATTERY OF TESTS.

Priority 1a - COORDINATION: Develop tennis coordination 7 motor skills (adaptation skills)

Set up quickly to respond to a specific situation (reaction time, differentiation, orientation)

Perform many different movements at the same time (differentiation, dissociation, dexterity)

Balanced during movement. (differentiation, dissociation, balance)

Maintain an efficient rhythm (differentiation, rhythm, dexterity)

Priority 1b - SPEED AND AGILITY

Proper running technique (to create and reduce speed)

Proper multi directional running technique (changing direction)

Priority 2 - FLEXIBILITY

Basic flexibility routine including proper posture

Priority 3a - STRENGTH-ENDURANCE exercises using body weight (introduction)

Exercises using body weight (introduction)

Priority 3b - AEROBIC ENDURANCE (introduction)

Run 10-15 min.

Skip rope from 1 to 2 min. (non-stop)

Note: the physical warm-up is a great opportunity to develop coordination and speed/agility.

Comments