



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:		PHONE:	

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 1= not developed 2= in progress 3= developed

****Based on International Standards****












PSYCHOLOGICAL			
Note: It is important for the players at this stage to develop the “love of tennis” – playing, practicing, competing.			
	1	2	3
Calm and positive attitude			
Manage mistakes in a positive manner			
Mini-routine prior to each point (serve and return) and between points			
Good sportsmanship including respect for coaches, officials and other players			
Good practice habits and being committed to improvement			
Best effort through a “getting to every ball attitude” and determination to put every ball in the court (mentality of consistency)			
Focus and engagement in training and competition			
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.


















The technical fundamentals will be best developed using a progressive approach (proper court size and balls).

Overall (for all strokes)	1	2	3
Energetic look and focus (search and collect information) 			
Quick reaction and timing of split step 			

Comments

Groundstrokes and Returns	1	2	3	1	2	3
	Forehand			Backhand		

Note: Prioritize the technique at the beginning that emphasizes a flatter/straighter rally trajectory thru the use of a "simple" preparation, an eastern grip, long hitting zone and linear body work. Once this technique is perfected than add spins, semi-open stance and more angular bodywork.

Grips	FH - eastern to semi-western 					
	2 hand BH – top hand eastern, bottom hand continental 					
	1 hand BH - eastern 					
	Ensure grip change from one shot to another 					
Set-up	Early preparation before the ball crosses the net 					
	Use of the non dominant arm and body together 					
	Set-up base (feet) before the bounce with balance and proper stance (neutral, semi-close or semi-open) 					
Impact Point	Consistent impact between waist and shoulder height level, slightly in front at a comfortable distance from the body 					
	Breathing out at impact 					
Hitting Zone	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 					
	Smooth and effortless stroke 					
	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) 					
Recovery	Balance throughout shot 					
	Initiate the proper first step of recovery (shuffle, cross or sprint) depending on the distance away from the ideal recovery position 					

Comments

Serve		1	2	3
Note: Prioritize the technique at the beginning that emphasizes a good throwing action without moving their feet				
Grips	Continental grip	▶		
Set-up	Establish a balanced starting position	▶		
	Control of the toss with a slow rhythm	▶		
	Synchronization and coordination of the arms	▶		
Impact Point	Consistent toss for an impact in front and to the right (1 o'clock) reaching up	▶		
	Racquet angle facing target	▶		
Hitting Zone	Proper throwing action	▶		
	Hammer action (will lead to pronation)	▶		
	Follow through on the opposite side of the body	▶		
	Balance throughout shot	▶		
Recovery	Recover to home before opponent hits	▶		
Comments				
Volleys		1	2	3
Note: Prioritize the technique at the beginning that emphasizes a simple catching action using a continental grip, and slightly open face. Emphasize the development of feel via various juggling and coordination exercises.				
Grips	Continental	▶		
Set-up	Elbows in front and away of body	▶		
	Racquet head above the wrist	▶		
	Use of non-dominant hand to keep balance (hand to support the throat on the backhand)	▶		
	Step out on the first step	▶		
	Impact Point	Slightly in front	▶	
Hitting Zone	Catching action, high to low racquet trajectory, slightly open racquet face	▶		
	Steps in at the same time of impact with opposite leg	▶		
	Balance throughout shot	▶		
Recovery	Before opponent's hit	▶		
Comments				

Overhead		1	2	3
Note: At the beginning, prioritize receiving an easy ball with the proper set-up and timing of the hit.				
Grips	Continental			
Set-up	Sideways body position			
	Use of the non-dominant arm to point at the ball			
	Racquet in a throwing position and elbow at 90 degrees			
	Introduce the shuffle and cross-over steps			
Impact Point	Slightly in front and reaching upward			
Hitting Zone	Proper throwing action (hammer action leading with the edge of the racquet)			
	Move forward with body weight at impact			
	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