

Player Development Plan

Player Name:
Player Description:
Player Level:
Coach Name:

Player Evaluation:

1. Game Style -
2. Overall Strategy –
3. Common Tactics –
4. Movement/Footwork –
5. Conditioning –
6. Mental/Emotional -

Stroke Technique

7. Serve -
8. Forehand Return of Serve –
9. Backhand Return of Serve -
10. Forehand Groundstroke -
11. Backhand Groundstroke -
12. Forehand Volley -
13. Backhand Volley -
14. Overhead –
15. Lob -

Notes from Coach:

Short-Term Vision:

Long-Term Vision:

Notes from Coach:

Strategy Based on Game Style:

1.
2.
3.

Notes from Coach:

Tactics:

Important Patterns:

1. Pattern A -

2. Pattern B -

3. Pattern C -

4. Pattern D -

Notes from Coach:

Technical Development:

Strokes:

1. Serve –
   A. Flat
   B. Slice
   C. Topspin

2. Forehand Return of Serve –
   A. Topspin
   B. Slice

3. Backhand Return of Serve –
   A. Topspin
   B. Slice

4. Forehand Groundstroke -
5. Backhand Groundstroke -
6. Forehand Volley -
7. Backhand Volley -
8. Overhead –
9. Lob –
10. Specialty Shots -

Notes from Coach:

Mental Development:

Notes from Coach:

Physical Development:

Notes from Coach:

Scheduling and Periodization:

Notes from Coach:

Goal Setting:

1. Performance Goals:

2. Outcome Goals:

Notes from Coach: