

Green Stage Coaching Checklist – End of Term Review

Player Name: _____

Coach: _____

Term: _____ Year: _____

1. Movement and Court Awareness

	✔ Got it	🔄 Getting closer	! Growing into it
Moves efficiently between baseline, mid-court, and net.			
Uses recovery steps and adjustment footwork consistently.			
Anticipates opponent's shots and adjusts positioning accordingly.			

2. Tactical Serving and Returning

Serves with accuracy and placement (wide, body, T).			
Returns serve with tactical intent and positioning.			
Uses serve + 1 strategy effectively in point construction.			

3. Rallying with Depth and Control

Can rally consistently with a partner (8+ shots).			
Controls depth, direction, and spin of shots.			
Adjusts positioning based on ball trajectory and opponent's play.			

4. Approaching the Net and Volley Play

Recognises opportunities to move forward to the net.			
Executes approach shots with control and placement.			
Demonstrates solid volley technique and balance at the net.			

5. Matchplay and Decision Making

Constructs points with purpose and tactical awareness.			
Adapts strategies based on opponent's strengths and weaknesses.			
Demonstrates confidence and composure in competitive play.			

Coach Signature: _____ Date: _____