




Orange 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 and net			
Uses small adjustment steps to set up for shots.			
Recovers quickly after hitting and prepares for the next shot.			

2. Tactical Serving and Returning

Can serve with basic accuracy, targeting different areas of the service box.			
Returns serve with control and positioning.			
Demonstrates tactical awareness in serve placement and first shot.			

3. Rally Consistency and Control

Can rally consistently with a partner (5+ shots).			
Demonstrates control over depth and direction of shots.			
Adjusts footwork and positioning effectively during rallies.			

4. Approaching the Net and Volley Play

Recognises opportunities to move forward to the net.			
Executes approach shots with control and placement.			
Makes clean contact on volleys and maintains balance at the net.			

5. Matchplay and Decision Making

Makes tactical decisions based on opponent positioning.			
Applies rally-building strategies during matchplay.			
Demonstrates confidence in point construction and shot selection.			

Coach Signature: _____ Date: _____