



Pre-Match Preparation

vs.

Player Name

Opponent Name

Self-Analysis – Knowing your game

Strengths: _____ Weaknesses: _____

Opponent Analysis - Understanding what you are up against – if applicable

Strengths: _____ Weaknesses: _____

Conditions analysis

Opportunities: _____ Threats: _____

Strength and weaknesses: Can be related to a specific shot (e.g. High, Wide, or Fast Forehand) or court speed, endurance, power, concentration, mental toughness etc.

Opportunities and threats: These are external factors such as wind, sun, temperature, court surface, tennis balls etc and how you can use them to your advantage.

Decide on between 1-3 Strategies

Strategy 1: _____

Strategy 2: _____

Strategy 3: _____

Strategies: If you don't know your opponent: Base it on your strengths and use the playing conditions to enhance your strengths. If you do know your opponent: Base your strategy on using your strengths to exposure your opponent's weaknesses.

Mid Match Analysis (to do after each set)

What aspects of my strategy are working well?

What aspects of my strategy needs to change?



Post-Match Questionnaire

Match Score:

Won by:

List one area of your game that you felt you executed well today:

List one area of your game that let you down today:

List one area of your opponent's game that you felt they executed well today:

List one area of your opponent's game that you felt let them down today:

What/when was the turning point of the match?

Did you need to change your strategy throughout the match? If you didn't change it and lost, what would you do differently next time?

Rate the following aspects of your game out of 10:

	Set 1	Set 2	Set 3
▪ Competitiveness:	_____	_____	_____
▪ Ability to force opponent:	_____	_____	_____
▪ Your overall quality of tennis:	_____	_____	_____
▪ Serve and first shot effectiveness:	_____	_____	_____

What is an area of your game you would like to improve?
