
Using Personal Evaluation Forms

It's important to meet with each of your players at the beginning of the season to develop a personal plan for each player, based on their strengths, weaknesses and desired goals.

One way to begin this dialogue is to have your players fill out a self-evaluation form which allows each player to identify his or her strengths and weaknesses in such areas as stroke skills, mental toughness, conditioning, tactics, etc.

These self-evaluations are especially helpful when a coach is working with a new player, but can also be eye-opening for a coach who has worked with a player for several years, who may discover from a player's self-evaluation that the coach and player have widely differing views on various aspects of the player's game.

On the following page is an example of a player self-evaluation form you can use (or modify) and administer to your players at the start of each season.

Based on the player's self-evaluation, the coach and player can then discuss what style of play the player will be; what strategies and tactics the player will need to play that style of game; what shots and shot combinations the player will need to successfully execute those tactics; and what strokes the player will need to work on to make those shots and shots combinations.

No matter how you choose to have players self-evaluate, it's important, even for a command-style coach, to bring a player into the formation of a personal development plan in order to ensure a more complete understanding by the player of the goals you have set for them, leading to increased willingness and desire to follow a personal plan and ultimately, a higher chance for maximum success.

Personal Evaluation Form

Name: _____ Year: ____ # years playing _____

Style of Play

How would you describe your game? (check one)

- #1 Defensive baseliner — (I stay on the baseline and use my groundstrokes and patience to win points).
 #2 Aggressive baseliner — (I stay on the baseline, using my strokes to win points, force errors and produce short balls I can attack.)
 #3 Serve-and-volleyer
 #4 All-court player — (I am comfortable at the baseline or the net, and come into the net after a return of serve or short ball.)

Groundstrokes

On a scale of 1-5, 1 being weak and 5 being strong, how would you rate yourself in the following areas:

- #1 Forehand #2 Backhand #3 Serve #4 Net play #5 Return of Serve

Mental Toughness

On a scale of 1-5, 1 being “least like me” and 5 being “most like me” how would you answer the following questions.

- #1 In close situations (winning or losing by one or two games) I tend to get nervous and choke.
 #2 I am never nervous and never choke when I’m ahead.
 #3 I am more likely to get nervous when I’m serving to win a set or match than I am when I am trailing.
 #4 I enjoy close situations and play my best when the set or match is on the line.
 #5 I rarely lose to players I should beat, or who are not as good as me.
 #6 I often lose to players I should beat, or who are not as good as me.
 #7 I prefer to practice, drill and play with friends, rather than playing team matches (“3” = enjoy both equally).

Strengths and Weaknesses

(Hitting = forehands, backhands, etc. Playing = consistency, depth, direction, handling pressure, etc.)

What do you think your opponents would say your three biggest hitting strengths are if they were scouting you?

What do you think your opponents would say your three biggest hitting weaknesses are if they were scouting you?

What do you think your opponents would say your three biggest playing strengths are if they were scouting you?

What do you think your opponents would say your three biggest playing weaknesses are if they were scouting you?

What do you think your biggest hitting strength is?

What is the main hitting weakness would you like to work on this season?

What do you think your biggest playing strength is?

What is the main playing weakness would you like to work on this season?