

DEMONSTRATION OBSERVATION AND/OR SELF-REFLECTION

<p>Name:</p>	<p>Name:</p>	<p>Name:</p>	<p>Name:</p>
<p><u>Groundstrokes:</u></p> <ul style="list-style-type: none"> → Appropriate Grip → Proper breathing and athletic look → Set-up (judging, footwork, balance) → Preparation of body/ racquet before the bounce → Flexion and extension of legs → Coordination of arm/shoulder (rotation) → Appropriate racquet path and hitting zone → Smooth follow through 	<p><u>Groundstrokes:</u></p> <ul style="list-style-type: none"> → Appropriate Grip → Proper breathing and athletic look → Set-up (judging, footwork, balance) → Preparation of body/ racquet before the bounce → Flexion and extension of legs → Coordination of arm/shoulder (rotation) → Appropriate racquet path and hitting zone → Smooth follow through 	<p><u>Groundstrokes:</u></p> <ul style="list-style-type: none"> → Appropriate Grip → Proper breathing and athletic look → Set-up (judging, footwork, balance) → Preparation of body/ racquet before the bounce → Flexion and extension of legs → Coordination of arm/shoulder (rotation) → Appropriate racquet path and hitting zone → Smooth follow through 	<p><u>Groundstrokes:</u></p> <ul style="list-style-type: none"> → Appropriate Grip → Proper breathing and athletic look → Set-up (judging, footwork, balance) → Preparation of body/ racquet before the bounce → Flexion and extension of legs → Coordination of arm/shoulder (rotation) → Appropriate racquet path and hitting zone → Smooth follow through
<p><u>Volley:</u></p> <ul style="list-style-type: none"> → Continental or slight Eastern Grip (no extreme grips) → Proper breathing and athletic look → Preparation of body and racquet before the ball crosses net → Synchronized footwork: (Impact – body weight transfer) → Impact in front → Wrist and racquet face open at impact → “Catching Action” (keep hand in front, then use hand with small catching stroke) 	<p><u>Volley:</u></p> <ul style="list-style-type: none"> → Continental or slight Eastern Grip (no extreme grips) → Proper breathing and athletic look → Preparation of body and racquet before the ball crosses net → Synchronized footwork: (Impact – body weight transfer) → Impact in front → Wrist and racquet face open at impact → “Catching Action” (keep hand in front, then use hand with small catching stroke) 	<p><u>Volley:</u></p> <ul style="list-style-type: none"> → Continental or slight Eastern Grip (no extreme grips) → Proper breathing and athletic look → Preparation of body and racquet before the ball crosses net → Synchronized footwork: (Impact – body weight transfer) → Impact in front → Wrist and racquet face open at impact → “Catching Action” (keep hand in front, then use hand with small catching stroke) 	<p><u>Volley:</u></p> <ul style="list-style-type: none"> → Continental or slight Eastern Grip (no extreme grips) → Proper breathing and athletic look → Preparation of body and racquet before the ball crosses net → Synchronized footwork: (Impact – body weight transfer) → Impact in front → Wrist and racquet face open at impact → “Catching Action” (keep hand in front, then use hand with small catching stroke)
<p><u>Overhead:</u></p> <ul style="list-style-type: none"> → Continental or slight Eastern Grip (no extreme grips) → Sideways body position → Impact point in front → Coordination of arm and upper body → Extension and a little hitting feeling 	<p><u>Overhead:</u></p> <ul style="list-style-type: none"> → Continental or slight Eastern Grip (no extreme grips) → Sideways body position → Impact point in front → Coordination of arm and upper body → Extension and a little hitting feeling 	<p><u>Overhead:</u></p> <ul style="list-style-type: none"> → Continental or slight Eastern Grip (no extreme grips) → Sideways body position → Impact point in front → Coordination of arm and upper body → Extension and a little hitting feeling 	<p><u>Overhead:</u></p> <ul style="list-style-type: none"> → Continental or slight Eastern Grip (no extreme grips) → Sideways body position → Impact point in front → Coordination of arm and upper body → Extension and a little hitting feeling
<p><u>Serve:</u></p> <ul style="list-style-type: none"> → Continental (no "panhandle grips") → Toss/impact point in front → Set to launch position → Extension → Rotate arm and body together (proper throwing motion) → Rotation of upper and lower body so hips end up facing the net 	<p><u>Serve:</u></p> <ul style="list-style-type: none"> → Continental (no "panhandle grips") → Toss/impact point in front → Set to launch position → Extension → Rotate arm and body together (proper throwing motion) → Rotation of upper and lower body so hips end up facing the net 	<p><u>Serve:</u></p> <ul style="list-style-type: none"> → Continental (no "panhandle grips") → Toss/impact point in front → Set to launch position → Extension → Rotate arm and body together (proper throwing motion) → Rotation of upper and lower body so hips end up facing the net 	<p><u>Serve:</u></p> <ul style="list-style-type: none"> → Continental (no "panhandle grips") → Toss/impact point in front → Set to launch position → Extension → Rotate arm and body together (proper throwing motion) → Rotation of upper and lower body so hips end up facing the net
<p><u>Lob</u></p> <ul style="list-style-type: none"> → Continental or Eastern (no extreme grips) → Set-up (judging, footwork, balance) → Coordination of arm and shoulder (rotation) → Smooth follow through 	<p><u>Lob</u></p> <ul style="list-style-type: none"> → Continental or Eastern (no extreme grips) → Set-up (judging, footwork, balance) → Coordination of arm and shoulder (rotation) → Smooth follow through 	<p><u>Lob</u></p> <ul style="list-style-type: none"> → Continental or Eastern (no extreme grips) → Set-up (judging, footwork, balance) → Coordination of arm and shoulder (rotation) → Smooth follow through 	<p><u>Lob</u></p> <ul style="list-style-type: none"> → Continental or Eastern (no extreme grips) → Set-up (judging, footwork, balance) → Coordination of arm and shoulder (rotation) → Smooth follow through

Name	Demonstration Competency: The Warm Up	Serve & Volley & BH Return	Maintain a Rally	FH Topspin	BH Slice	Direction & Volume	Variation 3 shot Sequence
	Groundstrokes: Volley: Lob/Overhead: Serve:						
	Groundstrokes: Volley: Lob/Overhead: Serve:						
	Groundstrokes: Volley: Lob/Overhead: Serve:						
	Groundstrokes: Volley: Lob/Overhead: Serve:						

Club Pro 1: Course Facilitator Pre-test Recording Sheet

Name	Feeding			Demonstration	Warm-up	Teaching	Game
	Serve to B/h Inside out B/h Return	Direction & Volume	Distance Speed Trajectory	Overall 1- Poor 5 - Strong	Both Back One Up One Back Serve Return	Topic #	Topic #
<i>Example: Participant Number One</i>	<i>Yes</i>	<i>No</i>	<i>No</i>	<i>3</i>	<i>Serve Return</i>	<i>2</i>	<i>Step 5</i>
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
15.							
16.							
17.							
18.							
19.							
20.							

Demonstration and Warm-up Ability (conformity & effectiveness)

Name	1. Groundstrokes: Both back	1. Pro Volley – Player Groundstroke	3. Pro Groundstroke – Player Volleys	4. Pro Lobs – Player hits overhead	5. Pro Overhead – Player hits lob (block technique)	6. Forehand Topspin from a Self Feed Ball	7. Backhand Underspin from a Self Feed Ball	8. Serve
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								

Feeding Ability

Name	A. Self Feed Evaluation		B. Basket Feed Evaluation		C. Playing Feed Evaluation		
	Forehand Topspin	Backhand Underspin	Direction and Volume Test	Distance, Speed & Trajectory Test	Serve and volley to backhand in Doubles, deuce court	Backhand Return of Serve in Doubles, deuce court	Maintaining rally when moving
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							

Demonstration, Playing and Feeding: Initial Evaluation (1st Weekend)

Candidate Name:		Date:	
Demo & Playing Evaluation Overall Result: <input type="checkbox"/> Met Standard <input type="checkbox"/> Did Not Meet Standard (retake 3 rd Weekend)			
MS Marginal DNMS	Competency	Effectiveness Note: Mark yes/no result in each box	Conformity Note: Mark denotes requires improvement (\) for F/h (/) for B/h
	Groundstrokes Both Back	To be able to send 20 balls (10 balls each) in a row to their student. Regardless of the type of ball the Pro receives, he/she must send a nice easy rally ball to their student. (Easy = flat, medium pace, arching ball – where the bounce and distance allow the player to hit at waist level on the decline). <input type="checkbox"/> YES <input type="checkbox"/> NO	<ul style="list-style-type: none"> → Appropriate Grip → Proper breathing and athletic look → Set-up (judging, footwork, balance) → Preparation of body/ racquet before the bounce → Flexion and extension of legs → Coordination of arm/shoulder (rotation) → Appropriate racquet path and hitting zone → Smooth follow through
	Pro Volley To Player Groundstroke	To be able to send 20 balls (10 balls each) in a row to their student. Volleyer must volley with an arc. Regardless of the type of ball the Pro receives, he/she must send a nice easy rally ball to their student. (Easy = flat, medium pace, arching ball – where the bounce and distance allow the player to hit at waist level on the decline). <input type="checkbox"/> YES <input type="checkbox"/> NO	<ul style="list-style-type: none"> → Continental or slight Eastern Grip (no extreme grips) → Proper breathing and athletic look → Preparation of body and racquet before the ball crosses net → Synchronized footwork: (Impact; – body weight transfer) → Impact in front → Wrist and racquet face open at impact → “Catching Action” (keep hand in front, then use hand with small catching stroke)
	Pro Groundstroke - Player Volley	Same as other groundstrokes except nice and easy is now defined as medium pace, right to the player’s forehand or backhand volley. <input type="checkbox"/> YES <input type="checkbox"/> NO	Same as groundstrokes both back
	Pro Lobs – Player hits overhead	To be able to send 5 lobs in a row to their student. Regardless of the type of ball received, the Pro must send a nice easy ball to their student. (Easy = a lob which requires minimal movement by the player). <input type="checkbox"/> YES <input type="checkbox"/> NO	<ul style="list-style-type: none"> → Continental or Eastern (no extreme grips) → Set-up (judging, footwork, balance) → Coordination of arm and shoulder (rotation) → Smooth follow through
	Pro Overhead – Player hits lob (block technique)	To be able to send 5 overheads in a row to their student. Regardless of the type of ball received, the Pro must send a medium pace ball to their student which will bounce to their shoulder level and which will require minimal movement by the player. <input type="checkbox"/> YES <input type="checkbox"/> NO	<ul style="list-style-type: none"> → Continental or slight Eastern Grip (no extreme grips) → Sideways body position → Impact point in front → Coordination of arm and upper body → Extensions and a little hitting feeling
	Forehand Topspin from a Self Fed Ball	Must have an arched trajectory with a medium amount of topspin to your partner who catches the ball with their hand; use targets for direction, distance is to the partner after a bounce; 3 in a row, 3 chances. <input type="checkbox"/> YES <input type="checkbox"/> NO	→ Must have a smooth rhythmic stroke
	Backhand Underspin from a Self Fed Ball	Must have a straight trajectory with a medium amount of underspin to your partner who catches the ball with their hand; use targets for direction, distance is to the partner after a bounce; 3 in a row, 3 chances. <input type="checkbox"/> YES <input type="checkbox"/> NO	→ Must have a smooth rhythmic stroke
	Serve	To serve a nice easy ball to the backhand in the deuce and ad court 3 times in a row, 3 chances: the rebound of the ball must be within the target areas. <input type="checkbox"/> YES <input type="checkbox"/> NO	<ul style="list-style-type: none"> → Continental (no “panhandle grips”) → Toss/impact point in front → Set to launch position and extension → Rotate arm and body together (proper throwing motion) → Rotation of upper and lower body so hips end up facing the net
Feeding Evaluation Overall Result: <input type="checkbox"/> Met Standard <input type="checkbox"/> Did Not Meet Standard (retake 3 rd Weekend)			
MS DNMS	Competency	Criteria	Outcome
	Direction and Volume	Feeder holds 2 balls at a time, alternates targets, hitting 20 total balls with eyes on targets; boom-boom feeding rhythm with 2 nd feed struck before 1 st feed bounces; must make 14 out of 20 attempts in 35 seconds.	
	Distance, Speed and Trajectory	Feeder holds 3 balls and feeds before the bounce a sequence of 3 shots with eyes on targets; must make 3 shot sequence 7 out of 10 attempts.	
	Serve, Volley Doubles Deuce Court	Serve and volley in doubles, deuce court: Serve to the “t” (backhand of a right-handed returner), then approach volley crosscourt to returner (volley should not require returner to move more than a couple of steps). Must succeed 6 out of 10 attempts.	
	Return of Serve Doubles Deuce Court	Backhand inside out return to server, who is serve and volleying (return should not require server to move more than a couple of steps to ensure that they have the chance to hit an easy approach volley within 1-2 steps of server.) Must succeed 6 out of 10 attempts.	
	Groundstrokes both back	Groundstrokes both back: maintain the rally when being moved around (play ball even if it is out). While being moved from corner to corner, maintain a nice easy ball down the centre. Must get one 10 ball sequence in a row. 2 attempts.	

Private Lesson (Dialogue): Evaluation Recording Sheet

Candidate: _____ **Mock Student:** _____ **Topic:** _____

SKILL	Yes	No	Comments:
1) Safety <ul style="list-style-type: none"> - prior to beginning, check court for cleanliness and safety (tennis can lids, wet areas) - during lesson, maintain safety (proper hopper placement, balls cleared from student) 	<input type="checkbox"/>	<input type="checkbox"/>	
2) The first contact with the person <ul style="list-style-type: none"> A) Be Friendly <ul style="list-style-type: none"> - Smile, make eye contact, use name B) Be Professional <ul style="list-style-type: none"> - Dress like a professional, energetic body language 	<input type="checkbox"/>	<input type="checkbox"/>	
3) Finding out the needs of the student <ul style="list-style-type: none"> - use an interactive approach to find out what the student would like to work on or improve 	<input type="checkbox"/>	<input type="checkbox"/>	
4) Warm-up <ul style="list-style-type: none"> - choose the appropriate warm-up - be enthusiastic, praise and encourage - look like a Pro (conformity and effectiveness) 	<input type="checkbox"/>	<input type="checkbox"/>	
4) Evaluation (Set up and Run) <ul style="list-style-type: none"> - Summarise the elements that your student has requested to ensure that you have understood their needs correctly - Feeding (related to tactical context): <ul style="list-style-type: none"> - find out what type of feed your student wants - appropriate choice of feed - ensure proper volume - Target (related to tactical objective): <ul style="list-style-type: none"> - SMART - be sure it is realistic for level of the student - Drill or Points <ul style="list-style-type: none"> - do the evaluation by drilling (live or basket) or by playing points within a specific situation requested by the student 	<input type="checkbox"/>	<input type="checkbox"/>	
5) 1st Training Topic <ul style="list-style-type: none"> - Provide a training topic to improve performance; should be either a reception or projection teaching point <ul style="list-style-type: none"> - provide an explanation and demonstration of the teaching point/training topic - provide a reason for the teaching point for the conformity-effectiveness 	<input type="checkbox"/>	<input type="checkbox"/>	
6) Wrap-up <ul style="list-style-type: none"> - Praise improvement - Sell subsequent lessons 	<input type="checkbox"/>	<input type="checkbox"/>	

Breaking Down a Playing Situation: Evaluation Recording Tool

Candidate: _____ Topic: _____

Playing Situation:

SKILL	Yes	No	Comments:
a) Sell the Topic: <ul style="list-style-type: none"> - simulate through a proper demonstration of the game situation - stimulate interest 	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
b) Set-Up the Game Situation: Use a representative grouping to explain/demonstrate Establish Organisational elements <ul style="list-style-type: none"> • People Positioning • Movement Pattern • Feeding • Projection • Goal/Score • Rotation 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
c) Run the Game Situation: <ul style="list-style-type: none"> - Well done: <ul style="list-style-type: none"> - Ensure safety - Ensure game situation is running as explained - Ensure game situation respects topic - Fun: <ul style="list-style-type: none"> - Optimal Challenge: find optimal starting point - Feedback (sell use of the basket feed which will follow, this will provide a link to the next drill) 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

Basket Drill:

a) Set-Up Basket Feed Drill: Use a representative grouping to explain/demonstrate Establish Organisational Elements <ul style="list-style-type: none"> • People Positioning • Movement Pattern • Feeding • Projection • Goal/Score • Rotation 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
b) Run Basket Feed Drill: <ul style="list-style-type: none"> • Progressively increase tempo of drill • Does the drill respect the final skill in the playing situation? • Does the Pro provide a group tip and individual feedback on the tip to achieve the shot performance? 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

Cooperation Drill:

a) Set-up the cooperation drill <ul style="list-style-type: none"> - explain and demonstrate the drill while already having the player(s) in position to implement 	<input type="checkbox"/>	<input type="checkbox"/>	
b) Running the cooperation drill: <ul style="list-style-type: none"> • Does the drill respect the final skill in the playing situation? • Does the Pro maintain the teaching tip during drill? • Is the live feed by the Pro accurate and consistent 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

Training a Sequence of Shots: Evaluation Recording Sheet

Candidate: _____

Topic: _____

SKILL	Yes	No	Comments:
<p>a) Sell the Drill</p> <ul style="list-style-type: none"> • Stimulate interest (tactical story) • Simulate by providing demo of 3 shot sequence • Be enthusiastic (animate slow and then at speed) 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<p>b) Set-Up the Drill:</p> <p style="padding-left: 20px;">Have players walk through drill to ensure understanding of organisational elements (verbally directing)</p> <p style="padding-left: 20px;">Progressively increase tempo of walking through the drill</p> <p style="padding-left: 20px;">Establish Organisational Elements</p> <ul style="list-style-type: none"> • People Positioning • Movement Pattern (where to start, recovery, markers) • Feeding • Projection (targets and trajectory) • Goal/Score (outcome and process) • Rotation <p style="padding-left: 20px;">Be professional and friendly (use names)</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<p>c) Run the Drill: (slow tempo, then regular tempo while animating verbally)</p> <ul style="list-style-type: none"> • Well done: <ul style="list-style-type: none"> – Ensure safety – Ensure drill is running as explained in set up – Ensure drill respects topic (real movement and recovery; feeds must be accurate and respect interval of stroke) • Fun: <ul style="list-style-type: none"> – Ensure Maximum Activity: ensure proper volume – Optimal Challenge: ensure feeds are to level of players • Be enthusiastic: create energy 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<p>d) Provide group objective and individualize feedback</p> <ul style="list-style-type: none"> • Select a ball control related to one shot in the sequence (bring awareness through interactive questioning) • Properly explain (demonstrate teaching point related to ball control) • Provide continuous feedback on ball control teaching point • Group objective with individual feedback 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

Problem solving using the Ball Controls: Video Analysis

Name: _____

Date: _____

Discovering the error and the associated ball control

Each scenario will show a sequence of 10 shots, repeated 3 times.

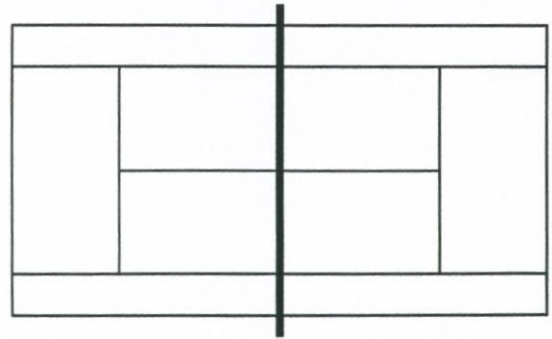
1. **Chart** the ball placements by numbering each shot placement from 1-10 (i.e., chart what occurs).
2. Identify the **most likely intention** of the player; in other words, what the player is attempting to do.
3. Identify the **most common/frequent error** based on the player's intention.
4. Identify the **ball control** (associated with the error) to be trained.

Scenario One:

2. _____

3. _____

4. _____

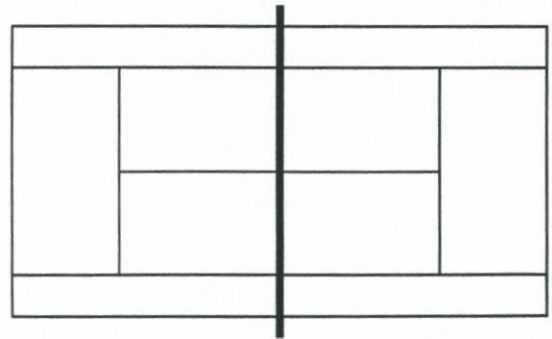


Scenario Two:

2. _____

3. _____

4. _____

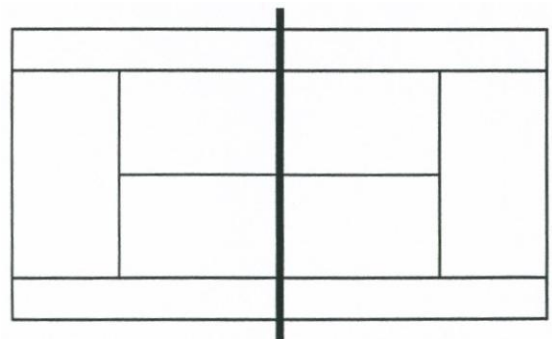


Scenario Three:

2. _____

3. _____

4. _____



Name: _____

Date: _____

TOPICS	RESPONSES
Observation and Correction	What corrections (i.e., feedback to improve) would you suggest? <ul style="list-style-type: none">• Your feedback could be related to footwork, bodywork or racquet work.• Relate all your recommendations to PAS (path, angle, speed) and the associated ball control error in question.
Scenario One Error: _____ _____ _____	
Scenario Two Error: _____ _____ _____	
Scenario Three Error: _____ _____ _____	

