

Post-match review sheet

Rate these areas of the game:

| | | | | | | | | | | |
|-------------------------------------|---|---|---|---|---|---|---|---|---|----|
| Overall performance | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Length | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Ability to control the T | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Short game | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Defence | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Speed around the court | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Fitness | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Ability to stay present and focused | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

| | |
|--|--|
| <u>What was the one thing I did well?</u> | <u>What would I do differently next time?</u> |
| | |
| <u>What were my opponent's strengths?</u> | <u>What were my opponent's weaknesses?</u> |
| | |
| <u>Additional notes, external factors that affected my performance:</u> | |
| | |
| <u>If there was one thing I could work on following this performance, what would it be:</u> | |
| | |