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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Technical Hitting | | | Technical Movement | | | Tactical | | | Physical | | | Psychological | | |
|  | **RAG** | **Reviewers Comments:** |  | **RAG** | **Reviewers Comments:** |  | **RAG** | **Reviewers Comments:** |  | **RAG** | **Reviewers Comments:** |  | **RAG** | **Reviewers Comments:** |
| Able to play soft shots (push) |  |  | Split Step |  |  | Use of height |  |  | Size |  |  | Cohesion |  |  |
| Able to produce power with short swing (flick) |  |  | Travelling (Running or Chasse) |  |  | Use of width |  |  | Agility |  |  | Control |  |  |
| Natural throwing action (throw) |  |  | Lunge |  |  | Use of depth |  |  | Balance |  |  | Concentration |  |  |
| Use of forearm Rotation |  |  | Jumping |  |  |  |  |  | Co-Ordination |  |  | Commitment |  |  |
| Learning of racket skills |  |  | Learning of gross movements |  |  |  |  |  | Speed |  |  | Confidence |  |  |