|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |   |   |