

Use this checklist to see if a player is achieving the vision of being:
“A Performer who is an Athlete that Plays Smart with Functional Shots.”

NAME:	DATE:
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Elements rated on a scale of 1-4:

1=Rarely 2=Sometimes 3=Mostly (except under pressure) 4=Does it no matter what

PERFORMER (Beliefs, values, mindsets, attitudes and energy)				
Focus Behaviours ('Head')	1	2	3	4
Demonstrates high energy/discipline towards performing a task				
Eyes focused and tracking the ball				
Re-focuses after a distraction (<i>'Whatever happens, I can handle it!'</i>)				
Performs re-focusing routine between points				
Breathes appropriately during shots				
Competitiveness Behaviours ('Heart')				
Plays as well in competition as they do in practice				
Maintains or improves level in 'pressure situations' (e.g. On 'big' points, as a long point progresses, when they are up in the score, etc.) <i>('I raise my game when it counts!')</i>				
Displays high motivation to win (Keeps track and can recount score)				
Enjoys the battle and wants to be challenged (<i>'Bring it on!'</i>)				
Determination Behaviors ('Legs')				
Displays determination on every shot (Chases every ball, never lets it bounce twice in training, etc.)				
Keeps fighting after set-backs (e.g. Down in score, poor point played, etc.)				
Gives best effort				
ATHLETE (Physical skill performance)				
Moves effectively (Speed & Agility)				
Displays balance and athletic postures (Balance & Strength)				
Appropriate muscle tension (Relaxation)				
Coordinates movements to adapt to various situations (Coordination)				
Maintains quality of movement and shot-making from beginning of match through to the end (Endurance)				
PLAYS SMART (Tactical awareness and implementation)				
Intention: Trying to put the ball somewhere and 'do something' to their opponent rather than just hitting/putting it back				
Problem-management: Chooses the correct Phase of Play on each shot (Defence/ Neutralize/Offence)				
Uses patterns				
Sets-up and uses strengths				
Identifies and exploits opponent's weaknesses				
EFFECTIVE & EFFICIENT SHOTS (Technical proficiency)				
Controls the Height, Direction, Distance, Speed and Spin of the ball to perform the tactic (Ball Control)				
Times the impact well (Timing) (<i>'Fights for their impact'</i>)				
Generates appropriate power for shots (Momentum Generation)				
Sets up on time and in appropriate location				
Recovers to appropriate location at right time				

Based on work done by Louis Cayer