



Gunn Tennis

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Gunn Tennis 2012

Player Match Book

For Gunn Tennis Performance athletes

Gunn Tennis "Be the best you can"

Post- Match



SCORE :

Win / Loss

Opponent Game style :

Strengths :

Weakness :

Positives things that worked:

Things that went wrong :

Things I will change :

Attitude :

Focus :

Rituals/Routines:

1 to 10 1=poor 5=ok 10=excellent

Notes

Tactics :

Techniques:

Physical:

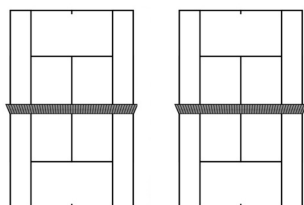
Mental:

Overall Performance Rating :

1 to 10 1=poor 5=ok 10=excellent

Coach reviewed :

Date :



Pre- Match



Goals 1:

2:

Opponent :

Date :

Time :

Tournament :

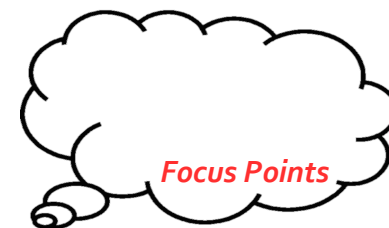
Event :

Feeling :

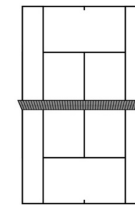
Surface :

Things I do Good:

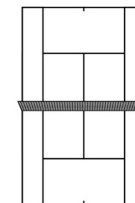
Conditions : Hot Sunny Windy Wet Cold Cloudy Mild Other.....



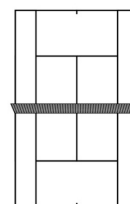
Game Plan A



Game Plan B



1st serve

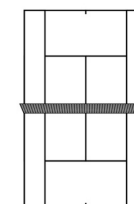


1st serve

Serve

Notes

2nd serve



2nd serve

Notes

Return of serve