

Tennis Focused Checklist and Reflective Journal

Skill No.	Opponent:				
	Date:				
	Score:				
	Skill	Skill Rankings (1 = Terrible, 10 = Great)			
1	Power: Transfer body weight from trailing foot to leading foot as you swing through the ball. (Listen for the pop!)				
2	Top Spin: Hold racquet low, swing from low to high. Sweep up as soon as ball is contacted.				
3	Accuracy: Keep your eye on the ball until after you make contact. (Approximately eight inches in front of your body.)				
	Reflections	Comments			
1	Attitude / Energy:				
2	Observations / Revelations:				