

Potential Review Tool		Player:	Reviewer:		Date:	Overall Scores
		1	2	3	4	
Trainability and Task Mastery	Motivation	Motivation to train is questionable	Motivation to train	Consistently motivated to train	Highly self motivated in training	
	Feedback	Resistant to feedback: doesn't act upon it	Response to feedback, sometimes acts upon it	Responds to feedback and often acts upon it	Seeks out, accepts and quick yo act upon feedback	
	Learning	Slow learner in most areas	Ability to learn – some good / weak areas	Good learner in many areas of the game	Consistently quick learner in most areas of the game	
Winning Characteristics		Lacks motivation in competition	Desire to compete	Usually keen to compete	Highly self motivated to compete	
Competitions / Results Profile		Competes regularly on BE circuit in bronze singles events	Competes regularly on BE circuit in silver/gold events	In a year/season 3 singles ¼ finals reached in tournaments	Has achieved 4+ singles wins against top 5 in age group in year	
Tactical Awareness		Lacks spatial awareness – just hits shuttle	Some spatial awareness - application	Uses / covers space effectively but predictable patters of play	Uses / covers space effectively and adapts play instinctively	
Racket Skills	Basic Grip	Clear PH grip – needs big change to achieve basic grip	Slight PH grip – still needs some change to achieve basic grip	Basic grip established but rather tight	Relaxed basic grip	
	Thumb Grip	Thumb grip rarely established correctly on back of handle	Thumb grip used inconsistently on back of handle	Use of thumb grip in evidence but tight	Relaxed thumb grip allowing thumbs / fingers to interact	
	Grip Length	Very short grip (towards ferrule)	Short grip – mid handle position	Grip towards the bottom of racket handle	Long grip, using handle to its full extent	
	BH serve	Cramped preparation, long swing, shuttle drop, tight grip	Small shuttle drop – tight grip, improved reach	Good reach – short hit from hand mainly using hand / fingers / wrist	As in 3 but has deceptive flick	
	FH serve	FH HS: uncoordinated	FH HS: full swing and weight transfer developing	FH HS: fluent hit – capable of producing high flight path	FH HS: natural and flowing easily adjusted low and flick	
	BH net shot	Net shots lack touch and control	Basic net shots but hard hands – little feel to shots	Basic net shots played with feel (soft hands)	Can play net shots with accuracy when off the net	
	FH net shot	Net shots lack touch and control	Basic net shots but hard hands – little feel to shots	Basic net shots played with feel (soft hands)	Can play net shots with accuracy when off the net	
	BH lift	Lift back swing takes hand behind the body	Lift back swing – racket head goes behind the body	Lift back swing – racket head in front of body	Lifts flicked with a short deceptive hitting action	
	FH lift	Lift back swing takes hand behind the body	Lift back swing – racket head goes behind the body	Lift back swing – racket head in front of body	Lifts flicked with a short deceptive hitting action	
	FH overhead	Disjointed, unnatural + long throwing action	Tight but compact preparation, long action	Relaxed, compact preparation and compact throw	Clear, smash and drop have basic similarity in execution	
	BH drive	No thumb grip, floppy wrist, long swing from shoulder	Thumb grip used but tight wrist “stronger”, long swing	Thumb grip relaxing, forearm rotation developing	Hit using thumb grip, forearm rotation and elbow extension	
Athleticism	Split-step	No split-step – slow to move off	Balanced split step – high jumping action	Balanced and timed split step, jump less pronounced	Timed split step, lower jump / short ground contact	
	Posture & balance	Upper body leads, legs follow	Legs drive movement, upper body uncontrolled	Legs drive but upper body controlled but stiff	Leg drive controlled / relaxed upper body	
	Quick feet	Very slow feet	Less than average foot quickness compared to peers	More than average foot quickness compared to peers	Quick feet, able to make rapid and instinctive adjustments	
	Speed	Covers ground slowly	Less than average speed covering ground compared to peers	More than average speed covering ground compared to peers	Maintains speed in activities with some unpredictability	
	Jump / land	Uncoordinated jumps + unbalanced landings	Basic jumps coordinated with balanced landings	Range of jumps expanding – coordinated / balanced sustained	Explosive and well timed jumps, balanced landings	
	Lunge	Lunging misaligned, little ROM. Off balance recovery	Lunge aligned but limited ROM	Aligned lunge with good range	Aligned lunge, good range and recovery under pressure	