

KNOW YOUR GAME!

Why important?

To understand what you do well and to help build your game around your strengths!
Work out a playing concept that best suits you!

This will support your development in TT and help you move to the next level! Key considerations:

- Encourage and embrace your style

- Have a GAME PLAN

- Be creative

- Know your strengths

- Know your weaknesses



What to do?

Break down your game and put a plan in place! Give yourself a mark out of 10 for each of the below and then set some goals to support your future training and competitions!

PHYSICAL	TECHNICAL	TACTICAL	LIFESTYLE	PSYCHOLOGICAL
Stamina	Short Game	Variation (placement)	Time Keeping	Never Give Up
Agility	Footwork (in and out)	Ability to Read the Game (Anticipation)	Discipline	Concentration
Power	Footwork (side to side)	Tactic Execution	Accountable (Responsible)	Patience
Speed of Arms	Recovery	Adaptability	Nutrition	Resilient Self Belief
Speed of Feet	Forehand Attack (vs backspin)	Initiative	Commitment	Coping with Setbacks
Flexibility	Backhand Attack (vs backspin)	Game Plan	Determination	Mental Endurance
Balance	Forehand Attack (vs topspin)	Rallies	Preparation	Managing Pressure/Nerves
Core Stability	Backhand Attack (vs topspin)	Opposition Awareness	Sleep/Rest	Controlling Emotions
	Forehand Defence	Shot Selection	Coach Engagement	Creativeness
	Backhand Defence			Body Language
	Serves			
	Timing			
	Consistency of Shots			
	Receives (backhand)			
	Receives (forehand)			
	Receives (long ball)			