EFFORTLESS TENNIS

Pre-Match Opponent & Self Analysis

Match Warmup · Singles

Match Date:		Opponent:		☐ Righty ☐ Lefty

Fill in the opponent grid during the warmup. Fill in your own grid before you walk on court. Put an X in the box that fits.

Green: use it, attack it **Yellow:** neutral **Red:** avoid it

Opponent:	Weakness	Neutral	Strength
FH Groundstroke			
BH Groundstroke			
FH Volley			
BH Volley			
Serve			
Return			
Lob			
Overhead			
Movement / Agility			

You:	Strength	Neutral	Weakness
FH Groundstroke			
BH Groundstroke			
FH Volley			
BH Volley			
Serve			
Return			
Lob			
Overhead			
Movement / Agility			

THE 5-MINUTE WARMUP · WHAT TO WATCH FOR

PHASE 1 · ABOUT 1 MIN

Baseline groundstrokes

Forehand vs. backhand, depth, how they move.

PHASE 2 · ABOUT 2 MIN

Volleys and overheads

Each player gets a turn. Watch their volleys, overheads and lobs.

PHASE 3 · LAST 2 MIN

Serves and returns

Serve direction and spin, then how they return.

MY GAME PLAN