

Name of the Player: **MARK DAVIS**  
 Start Date: **3/27/2025**  
 Evaluated by: **Felipe Alarcon**

Evaluation Date: 1 January 4, 2025  
 2 March 28, 2025  
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## ATTENDANCE

	DAYS	MONTHS	ASSIST	%
1. Evaluation				
2. Evaluation	27	2	25	93%
3. Evaluation				
4. Evaluation				

## PERFORMANCE

	Very good			Good			Regular		
	1	2	3	1	2	3	1	2	3
Attitude	😊	😊							
Motivated-Effort	😊	😊							
Progress	😊	😊							
Respect	😊	😊							
Intensity	😊	😊							
Dedication	😊	😊							
Easy to teach	😊	😊							

FOREHAND	1	2	3
RACKET HIGH AND EARLY	✓	✓	
LEANING YOUR BODY FORWARD	✓	✓	
MOVING IN YOUR TOES	✗	✓	
NON DOMINANT ARM RIGHT POSITION	✗	✗	
HIT THE BALL IN FRONT OF YOUR BODY	✗	✓	
ELBOW HIGHER IN FOLLOW THROUGH	✗	✓	

BACKHAND	1	2	3
RACKET HIGH AND EARLY	✗	✓	
LEANING YOUR BODY FORWARD	✗	✓	
MOVING IN YOUR TOES	✗	✓	
HIT THE BALL IN FRONT OF YOUR BODY	✗	✓	
ELBOW HIGHER IN FOLLOW THROUGH	✓	✓	
DOMINANT ARM RIGHT POSITION			

SERVE	1	2	3
RIGHT POSITION OF THE FEET	✗	✓	
BOUNCES IN THE COURT	✓	✓	
TOSS HIGH AND FORWARD	✗	✓	
KEEP THE TOSS ARM HIGH	✓	✓	
TROPHY POSITION	✗	✓	
JUMP TO REACH THE BALL	✗	✓	
LAND WITH THE CORRECT FOOT	✗	✓	
ARM, HAND AND WRIST	✗	✓	

VOLLEYS FH/BH	1	2	3
PREPARE RACKET IN FRONT OF THE BODY	✗	✓	
HEAD OF THE RACKET UP	✓	✓	
POSITION OF THE BODY AND FEET	✗	✓	
HIT THE BALL IN FRONT OF THE BODY	✗	✓	
HEAD FORWARD			
RIGHT FOLLOW THROUGH			

OVERHEAD	1	2	3
PREPARE RACKET BEHIND	✗	✓	
ELBOW HIGH BEFORE THE IMPACT	✓	✓	
POSITION OF THE BODY AND FEET	✗	✓	
KEEP THE HEAD UP			
HIT BALL IN FRONT OF THE BODY			
FEET ARE MOVING			

FITNESS	1	2	3
Anaerobic Resistance			
Aerobic Resistance			
Balance			
Coordination			
Flexibility			
Speed			
Power			

## ADVICE TO IMPROVE

FH: Change your grip

FH: Move more in your toes.

BH: In preparation, place the elbow a little higher.

BH: Lower the racquet before impact.

SRV: Do the initial rituals.

SRV: Change your grip

VOL: Improve the forehand grip

VOL: Hit the ball in front of the body

VOL: Move your feet in the right way

SRV: Put your right foot behind the left foot.

SRV: Impulse your body with your left toe..

SRV: Extend the arm that hits the ball.

## VIDEOS

Forehand 🎾	1	2	3
Backhand 🎾	1	2	3
Serve 🎾	1	2	3
Volley 🎾	1	2	
Smash 🎾	1		
Patterns 🎾		A	B