

SELF ANALYSIS & EVALUATION FORM

**SUCCESS SHOULD BE SEEN AS SURPASSING YOUR OWN PERFORMANCE RATHER THAN
THE PERFORMANCE OF OTHERS!!!**

PLAYER:

DATE:

TOURNAMENT:

EVENT:

OPPONENT/S:

**WHAT WENT WELL IN TERMS OF, PREPERATION (warm up, hydration, nutrition) STROKES, MOVEMENT,
TACTICS, CONTROLLING YOUR EMOTIONS UNDER PRESSURE E.T.C.?**

WHAT COULD YOU DEVELOP & IMPROVE ON?

WHAT THREE AREAS WOULD YOU PRIORITISE TO WORK ON?

1.

2.

3.