



Contact Information

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Goals and Self-Assessment

Short-Term Goals

Long-Term Goals

Strengths

Weaknesses

Previous Experience/Info

How long have you been playing? _____ How Often? _____ Level _____

% Singles _____ % Doubles _____ Current Fitness Level _____

What traits do you look for in a coach? _____

Injuries _____

Medical Conditions _____

Emergency Contact _____

Playmate Tennis Machines by Metaltek

SHOT IQ Player Evaluation

SHOT IQ SHOTS	N/A	NEW	WORKING ON	SCORE 1-10	NOTES
RALLY BALLS FH					
FLAT					
Depth					
Direction CC					
Direction DL					
On-Rise					
Power					
TOPSPIN					
Depth					
Direction CC					
Direction DL					
Power					
BACKSPIN					
Depth					
Direction CC					
Direction DL					
INSIDE-OUT					
Depth					
Direction CC					
Direction DL					
Power					
RALLY BALLS BH					
FLAT					
Depth					
Direction CC					
Direction DL					
On-Rise					
Power					
TOPSPIN					
Depth					
Direction CC					
Direction DL					
Power					
BACKSPIN					
Depth					
Direction CC					
Direction DL					
INSIDE-OUT					
Depth					
Direction CC					
Direction DL					
Power					

NAME _____ LEVEL _____ DATE _____

Playmate Tennis Machines by Metaltek

SHOT IQ Player Evaluation

SHOT IQ SHOTS	N/A	NEW	WORKING ON	SCORE 1-10	NOTES
PASSING SHOTS FH					
Pass CC					
Pass DL					
Pass Angle					
Power					
PASSING SHOTS BH					
Pass CC					
Pass DL					
Pass Angle					
Power					
MOONBALLS FH					
ON-DESCENT					
On-Descent CC					
On-Descent DL					
ON-RISE					
On-Rise CC					
On-Rise DL					
MOONBALLS BH					
ON-DESCENT					
On-Descent CC					
On-Descent DL					
ON-RISE					
On-Rise CC					
On-Rise DL					
Power					
APPROACH SHOTS FH					
HIGH APPROACH					
High Approach DL					
High Approach CC					
High Approach Slice					
Power					
LOW APPROACH					
Low Approach DL					
Low Approach CC					
Low Approach Slice					

NAME _____ LEVEL _____ DATE _____

Playmate Tennis Machines by Metaltek

SHOT IQ Player Evaluation

SHOT IQ SHOTS	N/A	NEW	WORKING ON	SCORE 1-10	NOTES
APPROACH SHOTS BH					
HIGH APPROACH					
High Approach DL					
High Approach CC					
High Approach Slice					
Power					
LOW APPROACH					
Low Approach DL					
Low Approach CC					
Low Approach Slice					
OVERHEADS					
HIGH					
High Overhead CC					
High Overhead DL					
Power					
MEDIUM HEIGHT					
Med Overhead CC					
Med Overhead DL					
Power					
VOLLEYS FH					
MEDIUM					
Med CC					
Med DL					
Depth					
LOW					
Low CC					
Low DL					
Depth					
HIGH					
Low CC					
Low DL					
Depth					
HIGH EASY					
High CC					
High DL					
Power					
HALF VOLLEY					
Half Volley CC					
Half Volley DL					
Depth					

NAME _____ LEVEL _____ DATE _____

Playmate Tennis Machines by Metaltek

SHOT IQ Player Evaluation

SHOT IQ SHOTS	N/A	NEW	WORKING ON	SCORE 1-10	NOTES
VOLLEYS BH					
MEDIUM					
Med CC					
Med DL					
Depth					
Angle Volley					
Drop Volley					
LOW					
Low CC					
Low DL					
Depth					
Angle Volley					
Drop Volley					
HIGH EASY					
High CC					
High DL					
Power					
Angle					
HALF VOLLEY					
Half Volley CC					
Half Volley DL					
Depth					
SERVES 1st					
FLAT DEUCE					
Deuce Wide					
Deuce Middle					
Deuce T					
Power					
FLAT AD					
Ad Wide					
Ad Middle					
Ad T					
Power					
SLICE					
Spin					
Power					
SERVES 2nd					
FLAT DEUCE					
Deuce Wide					
Deuce Middle					
Deuce T					
Power					

NAME _____ LEVEL _____ DATE _____

Playmate Tennis Machines by Metaltek

SHOT IQ Player Evaluation

SHOT IQ SHOTS	N/A	NEW	WORKING ON	SCORE 1-10	NOTES
FLAT AD					
Ad Wide					
Ad Middle					
Ad T					
Power					
KICK					
KICK DEUCE					
Deuce Wide					
Deuce Middle					
Deuce T					
Power					
KICK AD					
Ad Wide					
Ad Middle					
Ad T					
Power					
SERVE RETURNS FH					
FIRST DEUCE					
First CC					
First DL					
Depth					
Power					
At Feet Of Serve/Volley					
FIRST AD					
First CC					
First DL					
Depth					
Power					
At Feet Of Serve/Volley					
SECOND DEUCE					
Second CC					
Second DL					
Depth					
Power					
At Feet Of Serve/Volley					
SECOND AD					
Second CC					
Second DL					
Depth					
Power					
At Feet Of Serve/Volley					

NAME _____ LEVEL _____ DATE _____

Playmate Tennis Machines by Metaltek

SHOT IQ Player Evaluation

SHOT IQ SHOTS	N/A	NEW	WORKING ON	SCORE 1-10	NOTES
FIRST DEUCE					
SERVE RETURNS BH					
First CC					
First DL					
Depth					
Power					
At Feet Of Serve/Volley					
FIRST AD					
First CC					
First DL					
Depth					
Power					
At Feet Of Serve/Volley					
SECOND DEUCE					
Second CC					
Second DL					
Depth					
Power					
At Feet Of Serve/Volley					
SECOND AD					
Second CC					
Second DL					
Depth					
Power					
At Feet Of Serve/Volley					
SPECIALTY SHOTS FH					
OFFENSIVE LOB					
Offensive Lob CC					
Offensive Lob DL					
Spin					
Depth					
DEFENSIVE LOB					
Defensive Lob					
DROP SHOT					
Drop Shot					
ROLLING BALL TO FEET OF OPPONENT AT NET					
Ball At feet					

NAME _____ LEVEL _____ DATE _____

Playmate Tennis Machines by Metaltek

SHOT IQ Player Evaluation

	N/A	NEW	WORKING ON	SCORE 1-10	NOTES
SWING VOLLEY (Off Moonball)					
Flat					
Topspin					
Blocking					
SPECIALTY SHOTS BH					
OFFENSIVE LOB					
Offensive Lob CC					
Offensive Lob DL					
Spin					
Depth					
DEFENSIVE LOB					
Defensive Lob					
DROP SHOT					
Drop Shot					
ROLLING BALL TO FEET OF OPPONENT AT NET					
Ball At feet					
SWING VOLLEY (Off Moonball)					
Flat					
Topspin					
Blocking					

NAME _____ LEVEL _____ DATE _____



MENTAL EFFICIENCY/ATTITUDE IQ

MENTAL EFFICIENCY/ATTITUDE IQ CATEGORIES	NEW	WORKING ON	SCORE 1-10
OPEN MINDED/COACHABLE			
GOALS SHORT/LONG TERM ATTAINMENT			
PREPARATION			
FEAR			
SELF-CONFIDENCE			
POISE			
SELF-MOTIVATION			
VISUALIZATION			
COPING WITH STRESSFUL SITUATIONS			
UNDERSTANDING STRENGTHS/WEAKNESSES			

NAME _____ LEVEL _____

DATE _____

Playmate Tennis Machines by Metaltek
Singles Tactical IQ Evaluation

CATEGORIES	NEW	WORKING ON	SCORE 1-10	NOTES
Ball Recognition/Decision Making				
Zonal Awareness				
Runway Awareness				
Pattern Awareness				
Phase of Play Awareness				
Applies Strengths				
Aware/Exploits Opponents Weaknesses				
Adapts to Changing Game Conditions				
Adapts to Environmental Changes				
Understands Targets For Shots				
Understands Effects Of Ball Characteristics				
Speed, Spin, Height, Depth, Direction				
Understands Dealing With Pusher				
Understands Dealing With Power Player				
Understands Dealing With Serve and Volley				
Understands Match Score IQ				
Understands Preparation Is A Form of Tactic				

NAME_____

LEVEL_____

DATE_____

Playmate Tennis Machines by Metaltek
Doubles Tactical IQ Evaluation

CATEGORIES	NEW	WORKING ON	SCORE 1-10	NOTES
Communicates Well As A Partner				
Ball Recognition/Decision Making				
Zonal Awareness				
Doubles Pattern Awareness				
Phase of Play Awareness				
Applies Strengths				
Aware/Exploits Opponents Weaknesses				
Adapts to Changing Game Conditions				
Adapts to Environmental Changes				
Understands Targets For Shots				
Understands Effects Of Ball Characteristics				
Speed, Spin, Height, Depth, Direction				
Understands Dealing With Lobber/Pusher				
Understands Dealing With Power Player				
Understands Dealing With Serve and Volley				
Understands Match Score IQ				
Understands Preparation Is A Form of Tactic				

NAME_____

LEVEL_____

DATE_____