



POST MATCH EVALUATION WORKSHEET

WWW.COACHCORREA.COM

Taking the time necessary to go over what happened in the match will allow you to perform better in future matches and will help you to make better decisions. Save this worksheet in a folder and review it before playing the same opponent next time. This will increase your chances of success.

Where were you winning points (circle one or more):

At the baseline

At the net

Mid-court

Where were you losing points (circle one or more):

At the baseline

At the net

Mid-court

Total forehand winners:

Total forehand errors (both forced and unforced):

Total backhand winners:

Total forehand errors (both forced and unforced):

Total service aces:

Total double faults:

Total points won at the net:

Total points lost at the net:

Were you positive during your match or negative?

What can you do better next time against the same opponent?

Did you have match rituals and did they help you during the match?

Other comments you feel are important to write down about the match:
