

raqball

SKILLS ASSESSMENT

CENTRE


SURNAME

NAME

AGE

DATE / /



				
BALL CONTROL				
Capable of performing drib'up while moving				
Capable of performing drib'up while looking away from the ball				
Capable of performing drib'up using the two sides of the racket				
Capable of performing drib'up varying the height of the ball bounce				
PASSING AND RECEIVING				
Capable of performing drib'up and passing the ball with precision				
Capable of receiving a pass without losing control of the ball				
Capable of passing the ball while moving				
Capable of passing the ball with a bounce on the ground (1 GROUND)				
Capable of passing the ball with forehand and backhand strokes				
SHOT AT THE TARGET (TARG)				
Capable of performing a targ from different positions in the court				
Capable of performing a targ with forehand and backhand strokes				
Capable of performing a targ after receiving a pass				
ATTACK AND DEFENCE				
Capable of identifying phases of attack and defence (ball possession)				
Capable of adapting to tasks (losing a marker / marking)				
Capable of passing the ball into spaces to speed up play				
Capable of blocking the opponent in defence				



Ball control



Shot at the target



Passing & receiving



Attack & defence

Signature