

Name: _____

Date: _____ Start Time: _____ End Time: _____

Location: _____ Session: _____ Drill: _____

Priority Level (Circle one): 1-Consistency 2-Accuracy 3-Depth 4- Spin 5-Power

Handicap (Circle one)*: Target Zone Front-court Mid-court Back-court All-court

Type of Stroke (Circle one): Forehand Backhand Serve Volley Overhead

Right Hand (Control Variable)
Handicap: _____
of Total Strokes Hit: _____
of Strokes In*: _____
<i>% of Strokes In:</i> _____

Left Hand (Observed Variable)
Handicap: _____
of Total Strokes Hit: _____
of Strokes In*: _____
<i>% of Strokes In:</i> _____

Relative Improvement (Observed%:Control%) =

-----Cut along this line-----

Name: _____

Date: _____ Start Time: _____ End Time: _____

Location: _____ Session: _____ Drill: _____

Priority Level (Circle one): 1-Consistency 2-Accuracy 3-Depth 4- Spin 5-Power

Handicap (Circle one)*: Target Zone Front-court Mid-court Back-court All-court

Type of Stroke (Circle one): Forehand Backhand Serve Volley Overhead

Right Hand (Control Variable)
Handicap: _____
of Total Strokes Hit: _____
of Strokes In*: _____
<i>% of Strokes In:</i> _____

Left Hand (Observed Variable)
Handicap: _____
of Total Strokes Hit: _____
of Strokes In*: _____
<i>% of Strokes In:</i> _____

Relative Improvement (Observed%:Control%) =
