

# How to Use the Stroke Consistency Table

Consistency with strokes in tennis is the number one way to win matches. From players just learning to compete to ATP/WTA world ranked players knowing what strokes are consistent and which need more practice is the link to good match play.

This table allows the player and coach to:

- I. Get an idea of the strokes that may need more attention during practice.
- II. As a general means of grouping new unknown players at the start of the season.

There are a number of ways a player can be tested.

- I. Players can partner up and one can feed balls and tabulate the results for the player being tested.
- II. A ball machine could be used to deliver the balls.
- III. The coach(es) could feed balls.
- IV. The player being tested could do the serve, forehands and backhands (by drop feeding) themselves.

The targets used can be more general or specific according to the level of players. Generally in high school tennis a larger target will be best.

Target examples are:

- IV. Serve-JV-the service box; Varsity-1/2 the service box.
- V. Groundstrokes, Volleys, and Overheads-JV-1/2 the court; Varsity-1/2 the court past the service line.

Shots attempted and shots made as well as notes made by the coach could prove to be very helpful in a player's tennis improvement.

## How to Use the Stroke Consistency Table

Name:	Date:		
STROKE	ATTEMPTS	MADE	NOTES
SERVE	10 DEUCE/10 ADD	/	
RETURN SERVE	10		
FOREHAND X COURT	10		
FOREHAND LINE	10		
BACKHAND X COURT	10		
BACKHAND LINE	10		
VOLLEY FH	10		
VOLLEY BH	10		
OVERHEAD	10		
TOTAL STROKES	100		