

Aadya Modani

Tennis Advance

Age: 18

Gender: Female

Proficiency: Advanced

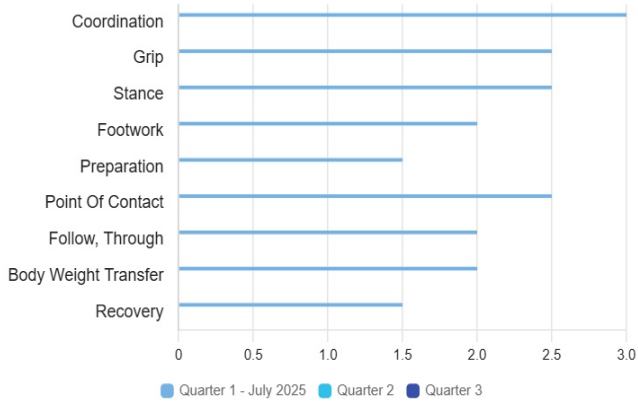
Weight - kg

Height - cm

BMI -

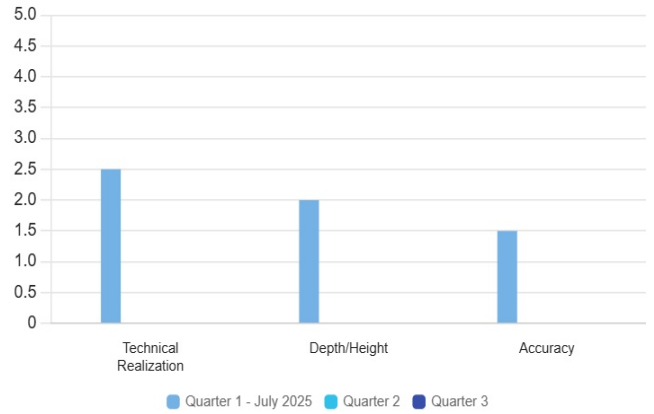
Forehand

Forehand Drive Mechanics



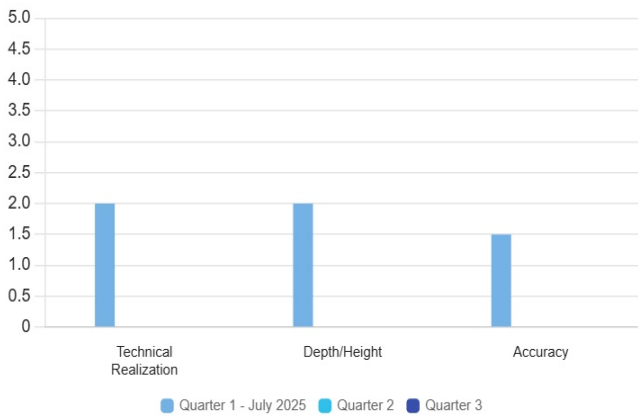
Forehand

Forehand down the line - Execution



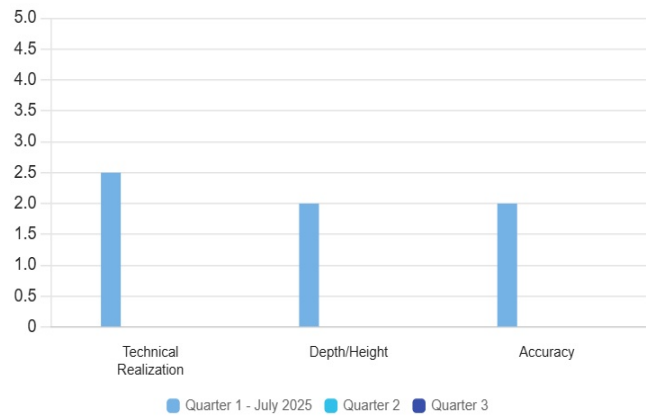
Forehand

Forehand down the middle - Execution



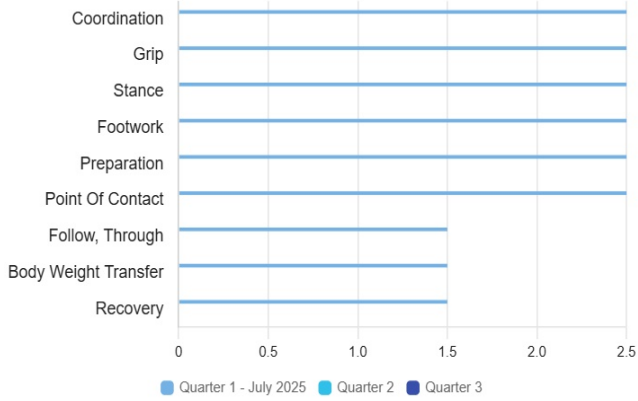
Forehand

Forehand Cross Court - Execution



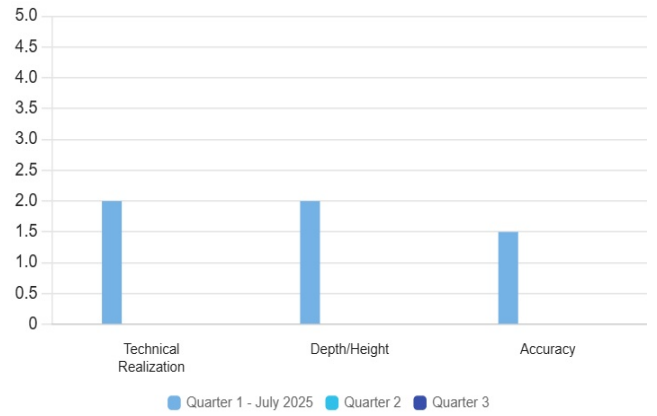
Backhand

Backhand Drive Mechanics



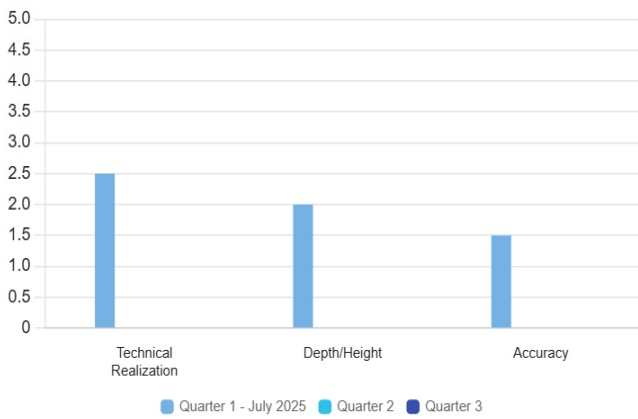
Backhand

Backhand Down the line - Execution



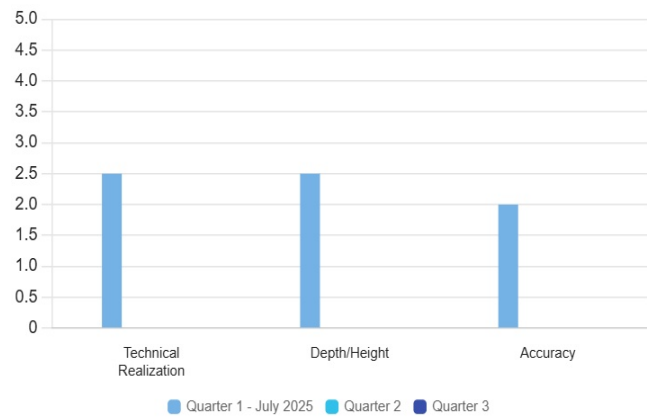
Backhand

Backhand Down the middle - Execution



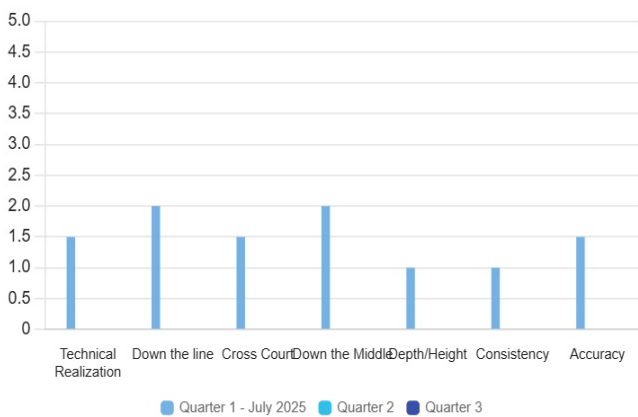
Backhand

Backhand Cross Court - Execution



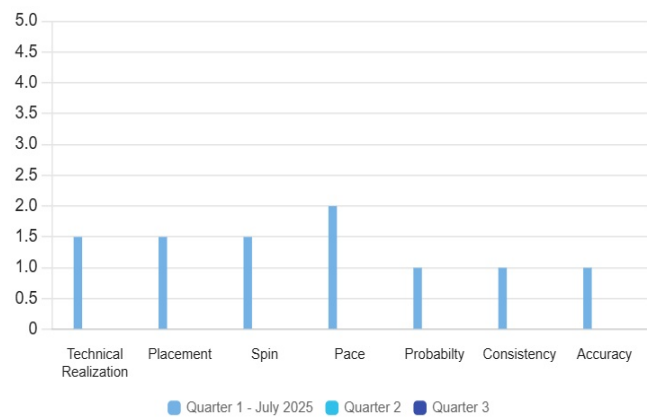
Serve

Serve Mechanics



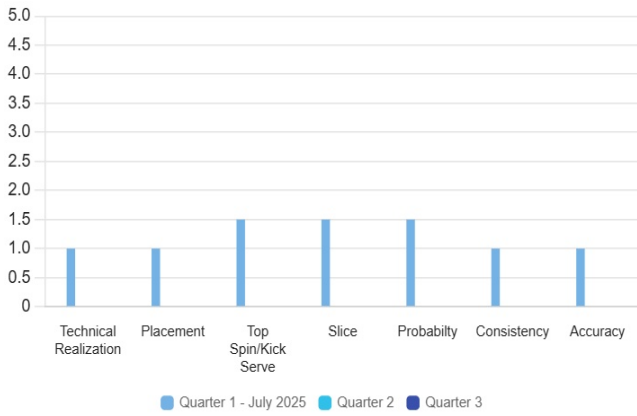
Serve

1st Serve - Execution



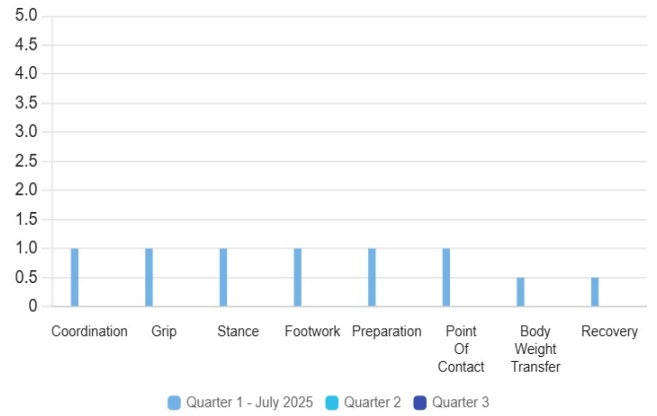
Serve

2nd Serve - Execution



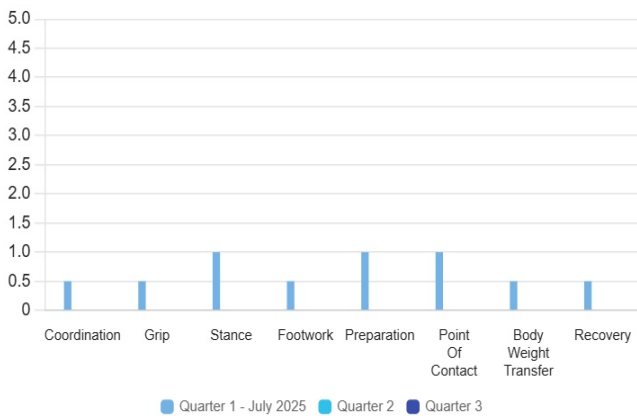
Volleys

Forehand Volley Mechanics



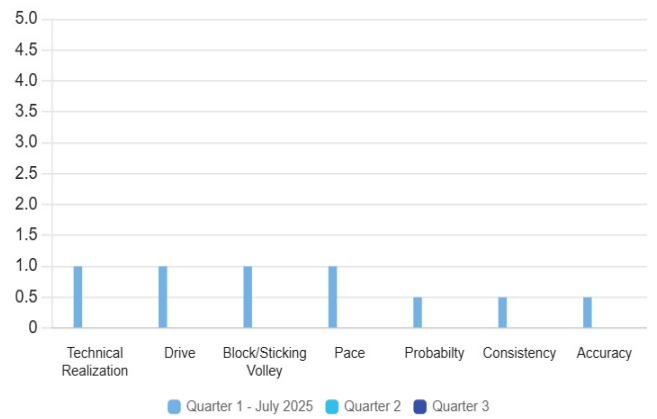
Volleys

Backhand Volley Mechanics



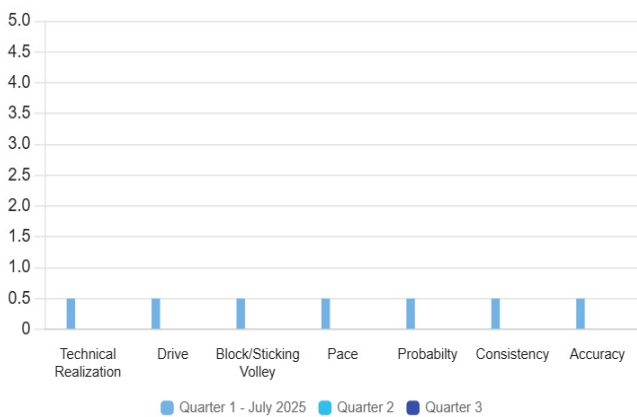
Volleys

Forehand Volley Execution



Volleys

Backhand Volley Execution

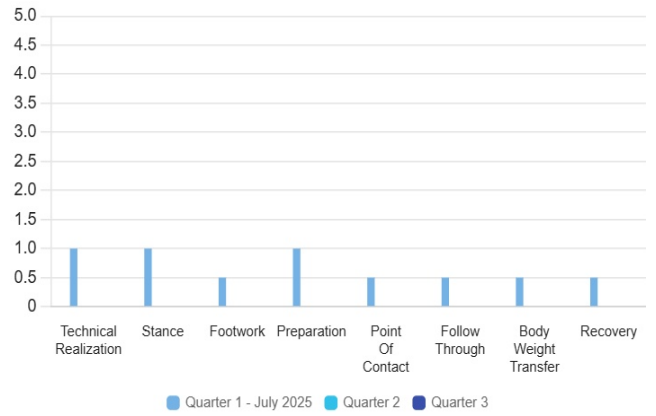


Smash/Over Head

Smash/Over Head

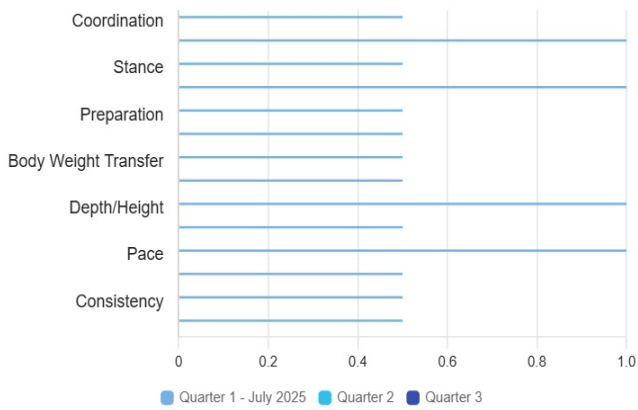
Slice

Forehand Slice - Mechanics



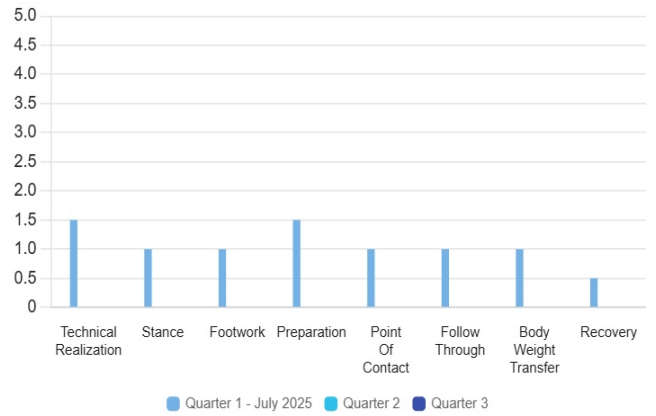
Slice

Forehand Slice - Execution



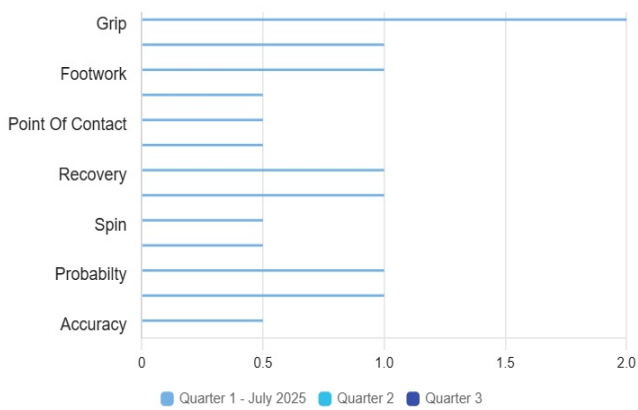
Slice

Backhand Slice - Mechanics



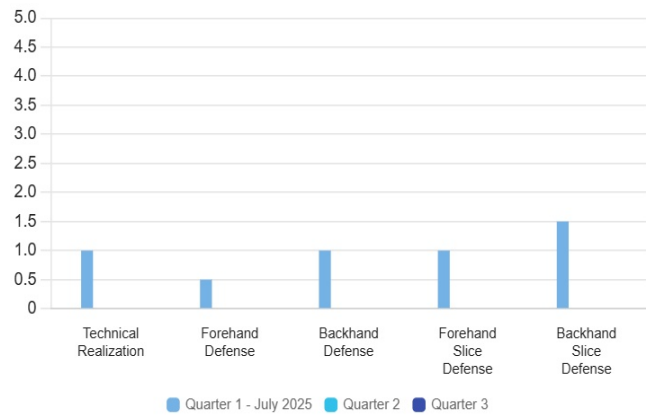
Slice

Backhand Slice - Execution



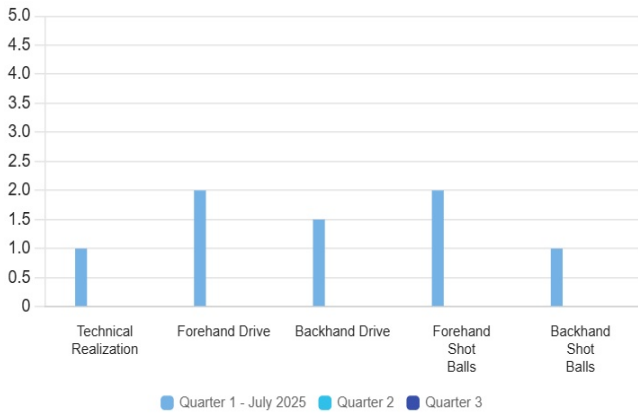
Point Situation

Defensive Position



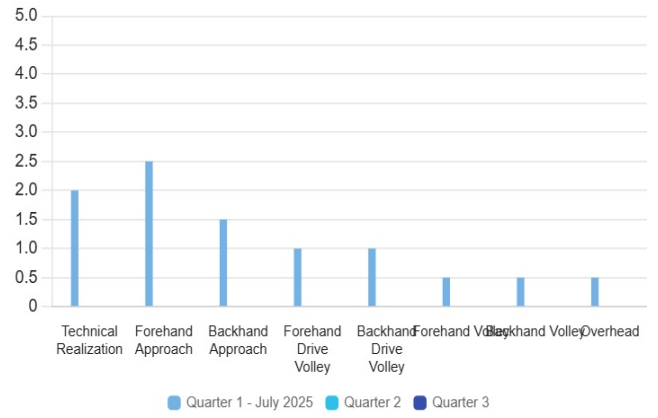
Point Situation

In-Play/Neutral Position



Point Situation

Offensive Position



Coach Comments

Assessment Month	Areas of Strength	Areas of Development
Forehand		
QUARTER 1	Aadya has improved on point of contact	She is advised to work on consistency and accuracy;
Backhand		
QUARTER 1	Aadya has improved her technical realization of the stroke.	She is advised to work on stance and body weight transfer.
Serve		
QUARTER 1	Aadya has good pace on serve.	She is advised to work on launch and point of contact.
Volleys		
QUARTER 1	Aadya is good at grip	She is advised to work on coordination and point of contact.
Slice		
QUARTER 1	Aadya has good stance on backhand slice	She is advised to work on body weight transfer and recovery on backhand.
Point Situation		
QUARTER 1	Aadya can hit good forehand short ball	She is advised to work on staying consistent with point construction