Match Play Report

Fast track your tennis!

Name: Date Played:

Opponents Name:

Winners name: Score:

Opponents Pre Match Brief:

What do you know about your opponent and the environment you will play them in i.e., ranking, game style, left or right handed, court surface and location.

80% Down Time – List (5) 100% Controllables:

List what you can 100% control when you are not rallying with your opponent. i.e. in between playing points what can you do that you can not fail at?

	Success Yes or No

20% Up Time – List (2) 100% Controllables:

List what you can 100% control during a rally with your opponent.

	Success Yes or No

Post Match Q1. What did your opponent do better than you during the match? i.e. Think about their professionalism, Would they get a sponsorship instead of you?
If yes - Explain why.

Post Match Q2. How did your opponent hurt you physically during the match? i.e. Did they run you all over they place? Did they make you miss certain shots you normally make? List in detail your answer.

Answers to Q1 and Q2 become your training program.
100% Controllables – The person that focuses on the things they can not fail at (100% Controllable) will have the best chance of winning a match.