

Your "Unique Player Identity" Shortcut

	My Biggest Strength Is...	My Biggest Weakness Is...
Technical	<p><i>(Example: Big topspin on my forehand)</i></p> <ul style="list-style-type: none"> - Backhand Down The line biggest weapon - Great timing to hit balls early on both sides - Solid direction control to move opponent around the court - high shot tolerance - Make a lot of returns, making opponent play - solid at the net 	<p><i>(Example: Inconsistent serves)</i></p> <ul style="list-style-type: none"> - Inconsistent serve can cause trouble - weak second serve - forehand is consistent but not a weapon - forehand on the run can be unreliable - forehand can break down under pressure
Physical	<p><i>(Example: Great footwork to get in optimal hitting position)</i></p> <ul style="list-style-type: none"> - Smooth Strokes allow me to conserve energy and go to distance - above average speed - effective from defensive positions on court - shot tolerance can make opponents tired because of how hard they have to work for points 	<p><i>(Example: I tire quicker than other players)</i></p> <ul style="list-style-type: none"> - low endurance, especially against very consistent opponents - slow moving to the forehand side when pushed wide - hates doing cardio..
Mental	<p><i>(Example: Im not afraid to be at the net)</i></p> <ul style="list-style-type: none"> - high tennis IQ, which allows me to read my opponents well and find their weak spots - Solid competitor, always looking to find a way to win - Good at anticipation and reading my opponents strategy, giving me an edge - able to move from plan A to B to C and so on in order to find a strategy that works 	<p><i>(Example: I get upset about unforced errors & can't recover)</i></p> <ul style="list-style-type: none"> - Tendency to not believe in myself as much when playing "better players" - Overthinking my serve and forehand in pressure moments causing mistakes - Tendency to be passive in pressure situations - lapses in focus which leads to errors

Think Less, Win More