

Rating Your Total Progress

Each step in this book covered specific items, with Success Goals given at the end. Below is a listing of these items. When doing the self-rating, be honest. Self-analytic skills are important to improvement.

You have to be able to honestly tell yourself what you're weak at—and what you do well. Then improve the weaknesses and make the strengths stronger!

PHYSICAL SKILLS

	Very good	Good	Fair	Poor
Grip	_____	_____	_____	_____
Ready stance	_____	_____	_____	_____
Forehand drive	_____	_____	_____	_____
Backhand drive	_____	_____	_____	_____
Forehand smash	_____	_____	_____	_____
Backhand smash	_____	_____	_____	_____
Reading spin	_____	_____	_____	_____
Racket angles	_____	_____	_____	_____
Topspin serves	_____	_____	_____	_____
Backspin serves	_____	_____	_____	_____
Positioning	_____	_____	_____	_____
Two-step footwork	_____	_____	_____	_____
Beginning push	_____	_____	_____	_____
Spin push	_____	_____	_____	_____
Fast push	_____	_____	_____	_____
Short push	_____	_____	_____	_____
Forehand block	_____	_____	_____	_____
Backhand block	_____	_____	_____	_____
Forehand loop	_____	_____	_____	_____
Backhand loop	_____	_____	_____	_____
Crossovers	_____	_____	_____	_____
Flip	_____	_____	_____	_____
Stepping in	_____	_____	_____	_____
Forehand chop	_____	_____	_____	_____
Backhand chop	_____	_____	_____	_____
Forehand lob	_____	_____	_____	_____
Backhand lob	_____	_____	_____	_____
Sidespin serves	_____	_____	_____	_____
Fast serves	_____	_____	_____	_____
Short serves	_____	_____	_____	_____
Short serve receive	_____	_____	_____	_____
Long serve receive	_____	_____	_____	_____
Physical conditioning	_____	_____	_____	_____

TACTICAL AND MENTAL SKILLS

	Very good	Good	Fair	Poor
Rallying tactics	_____	_____	_____	_____
Service tactics	_____	_____	_____	_____
Receive tactics	_____	_____	_____	_____
Mental imagery	_____	_____	_____	_____
Correct arousal level	_____	_____	_____	_____
Drive and desire	_____	_____	_____	_____

Your preceding responses should give you an indication for what you need to work on. They should also tell you what your strengths are—the skills and tactics that you may someday do better than anyone else, or at least better than your next opponent. As you improve at table tennis, you'll find that it's

more a mental battle than a physical one. Accordingly, you need to hone your mental skills or you'll get left behind by the competition. Work on all of these skills in order to gain future success and enjoyment!