

Angela

Coach: Axel

August 2026

14

Sessions
3m on court

4

Skills
improved

14

Skills
slipped

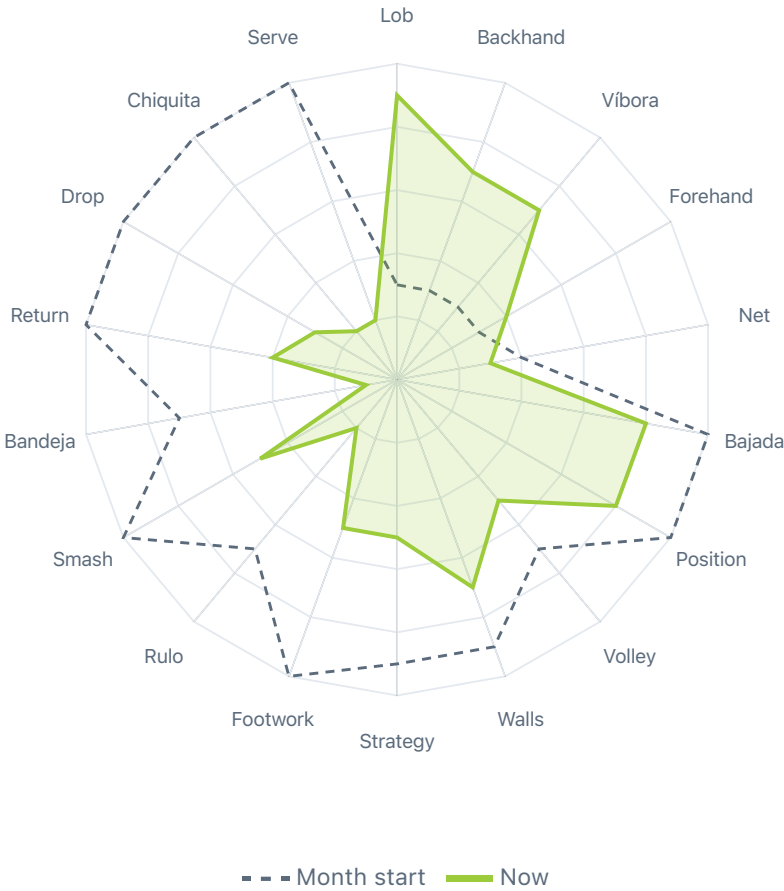
0-0

Match
record

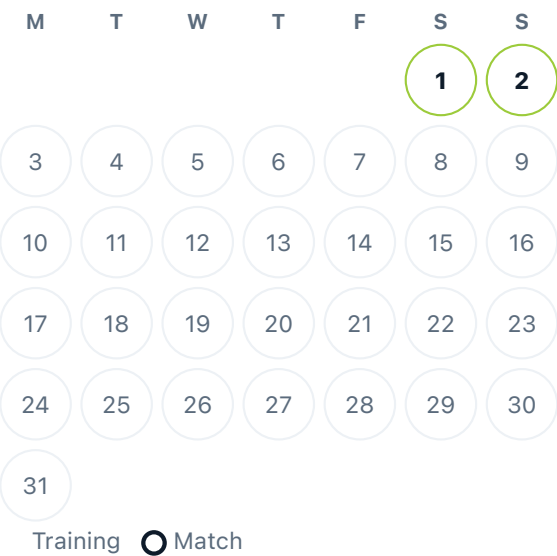
3.6

Level estimate
(1.0-7.0)

 The map



Attendance — 2 training days



Skill movement

SKILL	START	NOW	CHANGE
Lob	3	9	▲ +6
Backhand	3	7	▲ +4
Víbora	3	7	▲ +4
Forehand	3	4	▲ +1
Net play	4	3	▼ -1
Bajada	10	8	▼ -2
Court positioning	10	8	▼ -2
Volleys	7	5	▼ -2
Wall defense	9	7	▼ -2
Match strategy	9	5	▼ -4
Footwork	10	5	▼ -5
Rulo	7	2	▼ -5
Smash	10	5	▼ -5
Bandeja	7	1	▼ -6
Return	10	4	▼ -6
Drop shot	10	3	▼ -7
Chiquita	10	2	▼ -8
Serve	10	2	▼ -8

Coach's summary

"Biggest step forward: lob, from 3 to 9. Whatever changed today, write it down and repeat it."

"Your weapons: Lob, Bajada and Court positioning. Keep them sharp — they win you points."

"On track: Backhand, Víbora, Volleys, Wall defense, Match strategy, Footwork and Smash. Solid base —

consistent repetition will push these up."

"Lots of room to grow — start with Bandeja, Rulo and Chiquita. Master those, and the rest will follow."