



Inside Your Assessment



INDEPENDENT TENNIS PERFORMANCE ANALYSIS

01 — OVERVIEW

Two parts. One assessment.

Every TENVIA assessment consists of two complementary parts — a professionally narrated video assessment, and a structured written report. The video explains. The report documents. Together, they form one complete independent assessment.

01 Narrated Video Assessment A personally recorded, individually prepared review — watched, not just read.	02 Written Assessment Report A structured document built primarily for the player's coach to act on.
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The pages that follow explain exactly what each part contains, how observations are made, and how recommendations are organised — before you decide anything.

02 — PART ONE

Narrated Video Assessment

Every customer receives a professionally narrated video review. Nothing about it is automated.

- ☐ Personally recorded
- ☐ Individually prepared
- ☐ Not AI generated
- ☐ Not template based

IMPORTANT MOMENTS ARE DEMONSTRATED USING

- Slow motion
- Freeze frames
- Arrows
- Circles
- Body alignment
- Racket path
- Contact point
- Movement patterns
- Timing
- Balance
- Recovery position
- Tactical positioning

The aim is not only to show a parent what is happening on court — but why it matters.

03 — EXAMPLE

Example Observation



FIG. 01

An unedited frame from an actual TEN VIA assessment. Player identity withheld.

OBSERVATION

During the narrated review, the racket's path through the swing is traced directly on screen, alongside the angle formed at contact. Marking the motion this way — rather than describing it in words alone — is what lets a parent see precisely what is being discussed, at the exact moment it happens, without needing a technical background to follow it.

04 — SCOPE

What is analysed

TECHNICAL & PHYSICAL

✓ Technical execution

✓ Biomechanics

✓ Footwork

✓ Balance

✓ Movement efficiency

✓ Timing

✓ Contact point

✓ Recovery

✓ Serve mechanics

✓ Return position

TACTICAL

✓ Decision making

✓ Shot selection

✓ Court positioning

✓ Tactical awareness

✓ Consistency under pressure

05 — PART TWO

Written Assessment Report

Alongside the narrated video, every customer also receives a structured PDF report. Unlike the video, this document is written primarily for the player's coach.

THE REPORT INCLUDES

✓ Strengths

✓ Weaknesses

✓ Technical observations

✓ Biomechanical observations

✓ Tactical observations

✓ Development priorities

✓ Suggested corrections

✓ Practical recommendations

✓ Suggested exercises

The player's coach can integrate these observations directly into future sessions, or adapt them to the programme already in place. TENVIA does not replace the coach — it supports the coach with an independent professional perspective.

06 — RECOMMENDATIONS

How recommendations are organised

Every recommendation is ranked by priority and paired with a practical way to work on it. The four below are illustrative examples, not an actual client's report.

PRIORITY 01

Improve forehand structure during acceleration.

PRACTICAL IMPLEMENTATION

Shadow swings focused on racket lag before contact, three sets of ten before each session.

PRIORITY 02

Earlier unit turn.

PRACTICAL IMPLEMENTATION

Shoulder turn completed before the ball bounces, drilled through fed cross-court rallies.

PRIORITY 03

More stable recovery position.

PRACTICAL IMPLEMENTATION

Split-step and reset drilled after every shot during live-ball rally play.

PRIORITY 04

Improve serve rhythm.

PRACTICAL IMPLEMENTATION

Counted toss-to-contact tempo, repeated until consistent across both sides.

Examples for illustration only — every actual recommendation is specific to the player it is written for.

07 — PHILOSOPHY

Parents receive clarity.

Players receive direction.

Coaches receive an additional, independent perspective.

TENVIA does not replace coaching. It helps coaches and families make better decisions through independent, professional analysis — built to sit alongside the work a coach is already doing, not in competition with it.

Every assessment is recorded personally.
Every observation is written individually.
Every recommendation is created for one player only.

No templates. No AI-generated reports.
Only independent professional analysis.

TENVIA