



TENVIA ASSESSMENT DOCUMENT

Assessment Recording Protocol

VIDEO SUBMISSION STANDARDS

INDEPENDENT TENNIS PERFORMANCE ANALYSIS

BEFORE YOU BEGIN

What you will receive

Every submission is reviewed across three layers of analysis. This is the outcome the recordings in this document are built to support.

01 Technical Assessment ✓Stroke mechanics ✓Serve mechanics ✓Movement efficiency	02 Tactical Assessment ✓Decision making ✓Point construction ✓Match patterns	03 Development Plan ✓Personal priorities ✓Practical drills ✓Clear improvement roadmap
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The pages that follow set out exactly how to film the footage this analysis is built on – a small number of short, specific angles, most of them a normal part of any practice session.

01 – FOUNDATIONS

Why recording quality matters

Independent analysis depends entirely on what the footage shows. Movement, balance, timing and decision-making can only be assessed as clearly as they are recorded.

One correctly filmed video outweighs several taken in haste. Nothing more is required than a steady phone and a few minutes of ordinary practice.

02 – PREPARATION

Equipment

EQUIPMENT

- ☐ A smartphone is enough
- ☐ Horizontal (landscape) orientation
- ☐ Highest available recording quality
- ☐ Tripod or fixed support, where possible

FILMING CONDITIONS

- ☐ No zoom, no camera movement during play
- ☐ Daylight preferred whenever possible
- ☐ If indoors or in the evening, keep the player clearly visible
- ☐ Record continuously – avoid stopping after every shot

03 — FILMING ANGLES

Forehand & Backhand

Cross-court rally, filmed level with the player from the baseline.



PURPOSE

✓Stroke mechanics & swing path

✓Body rotation

✓Spacing

✓Balance

✓Recovery positioning

RECOMMENDED RECORDING

3–5 minutes

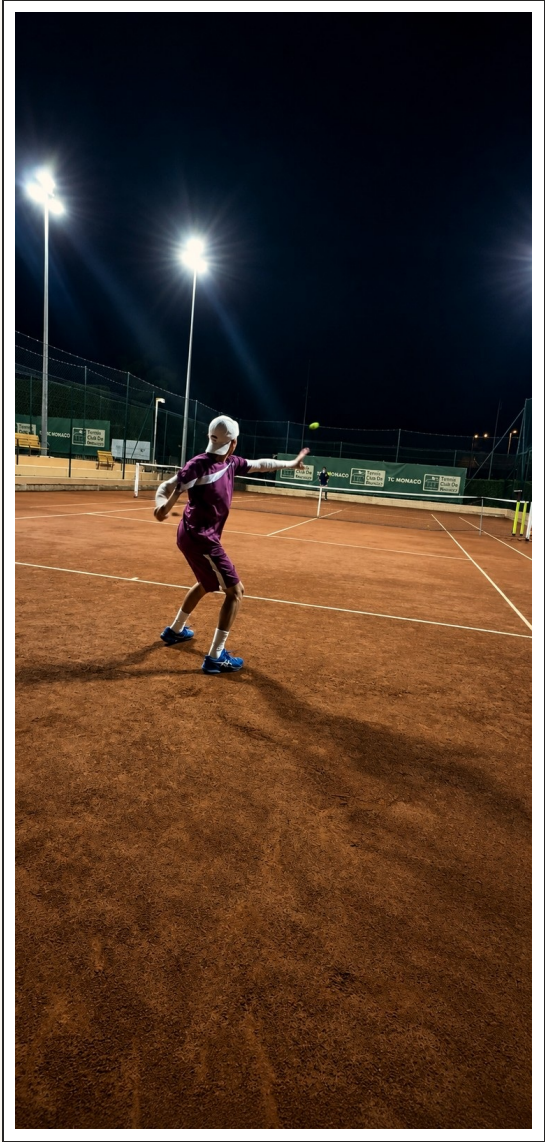
Continuous cross-court rally.

FIG. 01
Baseline angle, full court and player visible throughout.

04 — FILMING ANGLES

Forehand & Backhand — Rear View

Same rally, filmed from behind the baseline, in line with play.



PURPOSE

✓Footwork

✓Recovery patterns

✓Court positioning

✓Weight transfer

✓Movement efficiency & court coverage

RECOMMENDED RECORDING

3–5 minutes

Same rally format, filmed from behind.

FIG. 02
Filmed from behind the baseline, in line with play.

05 — FILMING ANGLES

Net Play / Volleys

Net exchanges, filmed from the baseline, full net play in frame.



PURPOSE

- ✓ Split step
- ✓ First volley position
- ✓ Body coordination through contact
- ✓ Movement through the volley

RECOMMENDED RECORDING

3–5 minutes

Continuous net exchanges.

FIG. 03
Baseline angle, full net exchange in frame.

06 — FILMING ANGLES

Serve

Filmed parallel to the player from the baseline. This angle provides the clearest view of the complete service motion, allowing assessment of balance, loading, leg drive, shoulder rotation, contact point and recovery.



PURPOSE	
✓ Balance & loading	
✓ Leg drive & shoulder rotation	
✓ Contact point & recovery	
Sides recorded	Deuce & Ad
Total serves	20 – 30

FIG. 04
Filmed parallel to the player, from the baseline.

07 — FILMING ANGLES

Match Play

Match footage shows what technical drills cannot. Elevated angle, full court, both players visible throughout.



DURING MATCH PLAY WE ANALYSE

- ✓ Decision making
- ✓ Shot selection
- ✓ Point construction
- ✓ Tactical patterns
- ✓ Court positioning under pressure

PREFERRED RECORDING

One Match Tie-break

First to 10 points — or several uninterrupted games.

08 — FINAL CHECK

Before sending your videos

- | | |
|--|---|
| ☐ Full court visible | ☐ Entire racket visible |
| ☐ Player visible at all times | ☐ Ball trajectory visible |
| ☐ Camera stable throughout | ☐ Do not crop the video |
| ☐ Good lighting | ☐ Original video quality — no edits |
| ☐ Landscape orientation | ☐ Google Drive / WeTransfer if files are large |

09 — BEFORE WE BEGIN

A small investment of time creates a significantly more accurate assessment.

Most families complete the entire process during a single training session — no additional drills are required beyond the recordings themselves. In practice, this takes around forty-five minutes. That one session becomes the foundation for a complete technical and tactical assessment.

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