Reflection on GPAI Assessment – Heather Gerrand

<u>What key ideas have I learned in the course so far?</u>

As we are nearing the end of the course, the list of key tennis concepts and skills that I have learned is extensive. In addition to learning the rules of the game, stroke mechanics, on-the-ball and off-the-ball play, I have acquired a bank of teaching tools that will allow me to breakdown each of the previous elements.

Element	What Are My GPAI Scores?	What do the scores tell me about my game performance?	How can I practice to improve my game performance?
Base	Base scores range from 3 to 5, with a mode of 5 and a mean of 4.2. This score denotes generally efficient movement back to base following every shot. The majority of the 5's were scored towards the end of the game indicating that this skill was more consistent as the game progressed.	When considering off-the-ball movement in terms of "read, respond and recover," efficient movement back to base is indicative of proper recovery. Getting back to base puts me in a position to read and respond effectively to the opponent's next shot. This score suggests that this component of my tactical play is consistent and effective.	The "Castle Game" and line games are simple and effective drills to remind me to always get back to base. These games stress the importance of reading the opponent. For example, getting back to base is one thing but getting back to base in the centre of your opponents target area is what is really critical for proper response.
Decision	The mode score for this element of tactical play was 4. However, the comments state although the decision is good, I am late in moving to the ball.	The coder's comments emphasize the necessity for the split step at the moment the opponent contacts the ball. If I am consistently trying to make contact with the ball while still moving towards it, chances are, I am not responding to the ball fast enough. Adding the split step will help initiate immediate movement towards the ball.	"First Phase Tennis" and "Bounce-Volley" games both emphasize making off-the-ball decisions that will bring you to an attacking / volleying position at the net. In both of the games, quick decisions and "split-step" to respond are critical for game success and will improve this aspect of my tactical play.
Cover	The mode score for cover was a 3. The coder's main comment on the split-step and also on timing.	A score of three is indicative of poor cover which means that my skill execution is likely being effected by my inability to cover a tactical shot made by my opponent.	"Win the Racquet" game is a good way to practice cover because its emphasis is on returning to behind the service line and covering your opponents target area to ensure you can respond to their toss.
Adjust	The scores recorded for the "adjust" section read 3,3,5 and 5. Although,	A low sore and comments on the adjust section of the GPAI indicate	The castle and line games do emphasize adjustment to the ball and

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	this score would indicate somewhat effective adjustment. However, based on comments by the coder and my own experience analyzing my shot the adjust component of tactical play is the weakest part of my shot.	that when I improve this part of my game, both my skill execution and the number of points I win will increase. The lack of split step and the rushed response to my opponents shot all contribute to poor adjusting. Reading the ball and not always rushing forward into the ball will allow for more time to wind-up and execute an effective shot.	when mastered will help me with adjustment. Timing exercises, like saying "bounce" when the ball bounces and "Hit" when I contact the ball, always seem to naturally improve adjustment. This timing exercise needs to be included in every single shot that I take to make adjusting to the ball and not rushing the shot an automatic response.
Skill Execution	Overall, only 6 of 15 shots were executed effectively.	This score indicates that although the overall GPAI rating showed that performance was somewhat consistent, one or more of the elements are limiting factors in skill execution. It is likely that poor adjustment to the ball is resulting poor on-the-ball execution.	Brushing Circuits or even simple wall practice will improve shot consistency by focusing on adjustments to the ball, weight transfer and hitting zone. On the wall exercises will also work on on-the-ball skills so that once off-the-ball tactical play is improved, mistakes in the force generation phase will not be as likely.

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