



RACKET SPORTS PRO

Coach Onboarding & User Guide

Version 2.0



TENNIS



PICKLEBALL



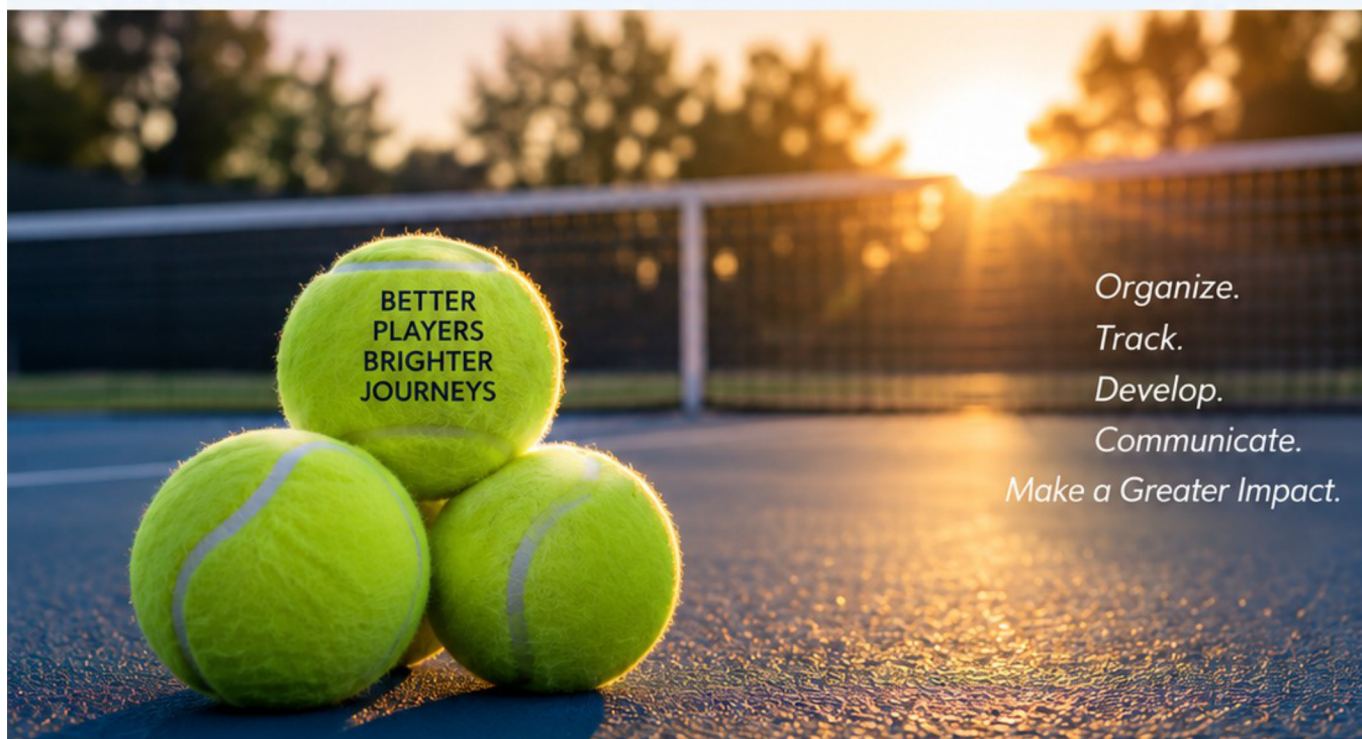
PADEL



PLATFORM TENNIS



SQUASH



ATHLETE
MANAGEMENT



LESSON
MANAGEMENT



PLAYER
DEVELOPMENT GOALS



DEVELOPMENT
NOTES



MATCH
ANALYSIS



COACH
PLANNER



GROUPS
& TEAMS

— Designed by a Coach. For Coaches With a Purpose —

RACKETSPORTSPRO.APP

Contents

Version 2.0 • 2026

- [1. Settings & Account Management](#)
- [2. The RSP Coaching Workflow](#)
- [3. Getting Started](#)
- [4. Dashboard - Your Daily Starting Point](#)
- [5. Athlete Profile](#)
- [6. Player Development Goals](#)
- [7. Development Notes](#)
- [8. Player Development Workflow](#)
- [9. Lessons & Schedule](#)
- [10. Groups](#)
- [11. Teams & Rosters](#)

Use Teams & Rosters when you need to organize a school, club, or competitive team. Add full Athletes when you actively track their coaching development; use lightweight Roster Members for team participants who only need roster information, current ratings, and communication history.

- [12. Match Analysis](#)
- [13. Drill Library](#)
- [14. Coach Planner](#)
- [15. Communication & Notes - Understanding the Difference](#)
- [16. Recommended Daily Coaching Workflow](#)
- [17. Which RSP Feature Should I Use?](#)

Welcome to Racket Sports Pro

Racket Sports Pro (RSP) gives coaches in **tennis, pickleball, padel, platform tennis, and squash** one organized place to manage athletes, lessons, player development, match performance, drills, communication, groups, teams, rosters, and day-to-day coaching responsibilities.

RSP is a **robust and comprehensive coaching platform, but it is not an all-or-nothing system.**

Coaches do not need to use every feature to benefit from the app. Instead, RSP is designed to adapt to the way **you coach**—allowing you to use the tools that best fit your athletes, your program, and your coaching style, while adding other capabilities whenever they become useful.

An independent teaching professional may use RSP primarily to manage private students, schedule lessons, set development goals, maintain coaching records, and track progress. A school or club coach may also use **Groups** and **Teams & Rosters** to organize training groups, Varsity and JV teams, club or league programs, and competitive squads while maintaining full Athlete Profiles for the players they actively coach or want to track in greater detail.

Across its five racket sports, RSP provides professional tools to plan training, document development, maintain athlete records, organize individual and group lessons, manage teams and rosters, track ratings, record communication, analyze match performance, and follow progress over time. Certain sport-specific features, particularly Match Analysis, may offer more specialized functionality for some sports as RSP continues to evolve.

Instead of keeping information scattered across notebooks, calendars, text messages, spreadsheets, and memory, RSP helps create a more complete and organized picture of your coaching operation—from an individual athlete's development history to the broader responsibilities of managing groups, teams, schedules, and competitive activity.

Coach more. Type less. Keep better records.

Throughout Racket Sports Pro, you can use your device keyboard's built-in microphone for **voice-to-text**, making it quick and convenient to capture lesson observations, development notes, goals, communications, planning notes, and other information without having to type everything.

1. Settings & Account Management

Coach Profile

Update your profile photo, first name, last name, and account information. Select **Save Profile** after making changes.

Change Password

Select **Send Reset Link** and follow the instructions sent to your account email address.

Logout

Select **Logout** when you want to sign out of RSP.

Danger Zone — Delete Account

Important

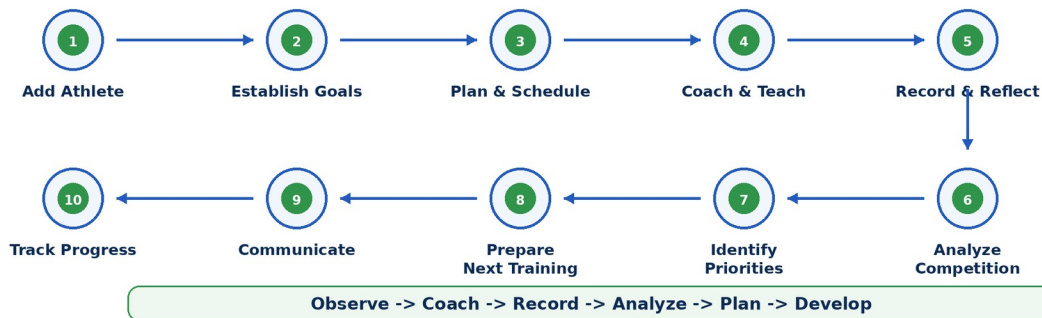
Delete Account permanently deletes your coach account and associated player data. Use this only when you intentionally want to permanently remove the account.

2. The RSP Coaching Workflow

RSP is designed around a continuous coaching cycle. **Not every athlete needs every feature; use the parts that fit the athlete and the way you coach.**

THE RSP COACHING WORKFLOW

A continuous coaching cycle - use the parts that fit the athlete and the way you coach.



A recreational athlete may need only scheduling, lesson records, and occasional notes. A developing competitive athlete may use Goals, Development Notes, Match Analysis, Drill Library, and more detailed progress tracking.

3. Getting Started

Create Your Account

Open a new browser tab and enter: racketsportspro.app

Create your Racket Sports Pro account and follow the on-screen instructions to complete your registration and sign in.

Set Up Your Coach Profile

Go to Settings to add or update your profile photo, name, and account information.

Add Your First Athlete

Select **Add Athlete** from the Dashboard or Athletes area. Once saved, the Athlete Profile becomes the central location for that player's coaching information.

Become Familiar With the Dashboard

- Today's Lessons — What am I teaching today?
- Coach Planner — What tasks or priorities need attention?
- Recently Viewed Athletes — Which athletes have I been working with recently?

Navigating Racket Sports Pro

The left-side navigation menu is your primary way to move between the main areas of Racket Sports Pro.

- **Dashboard** — Your daily starting point for today's lessons, Coach Planner items, and recently viewed athletes.
- **Athletes** — Access athlete profiles, Groups, and Teams & Rosters.
- **Schedule** — View today's and upcoming individual and group lessons.

- **Coach Planner** — Manage your personal coaching tasks and priorities.
- **Drill Library** — Create, organize, and access your coaching drills.
- **Settings** — Manage your coach profile, password, account settings, and other account options.

Tip: Think of the left navigation as your main menu. Most detailed coaching work begins by selecting one of these areas and then opening the athlete, lesson, group, task, or drill you want to work with.

4. Dashboard — Your Daily Starting Point

Good morning, Everett

Here's what's happening with your athletes today.

Today's Lessons

[+ Schedule Lesson](#)
[View Full Schedule →](#)

10:00 AM

CH

Chuck Holcomb

Slice serve

60 min · Tennis

3:00 PM

AT

Ana Thigpen

Add more topspin to forehand

60 min · Tennis

4:00 PM

SP

Sydney Patterson

Approach shots

60 min · Tennis

Coach Planner

1 task due today

2 tasks due – Next 7 Days

[View All →](#)

Add Athlete

Create a new athlete profile

→

View Athletes

Browse and manage your roster

→

Recently Viewed Athletes

CW

Connor Woodward

Tennis · Intermediate

just now

HH

Hannah Huston

Tennis · Beginner

2m ago

AE

Ava Elliott

Tennis · Intermediate

4m ago

CH

Chuck Holcomb

Tennis · Intermediate

Yesterday

LC

Liam Crowley

Tennis · Intermediate

Yesterday

Today's Lessons

Displays lessons scheduled for the current day. Open a lesson for details or select **View Full Schedule** to see the complete Schedule including upcoming future lessons.

Coach Planner

Shows a quick summary of tasks due today and during the upcoming week. Select **View All** to open the full Planner. These tasks can be printed out if needed.

Athlete Shortcuts

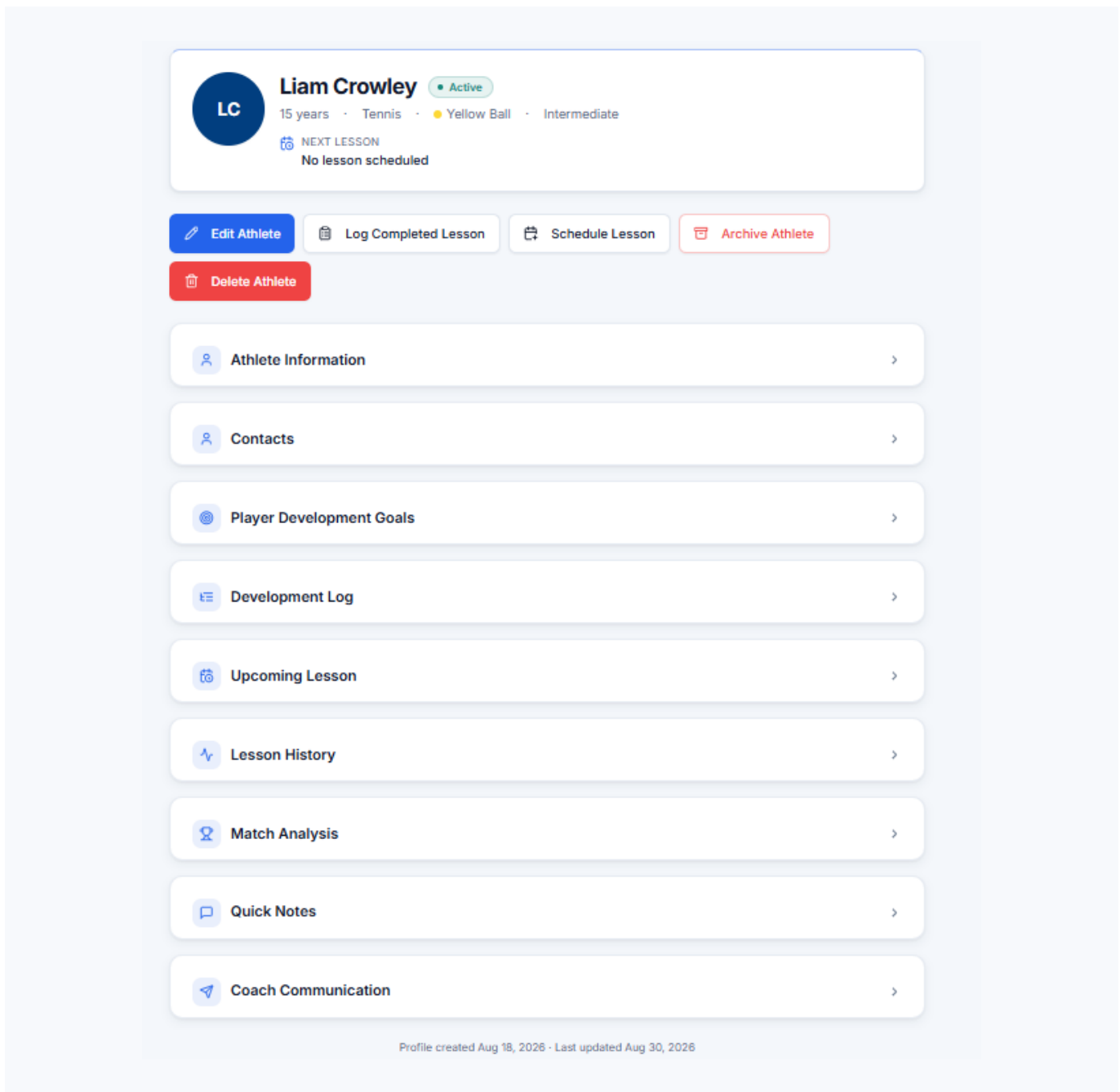
Use **Add Athlete** to create a profile, **View Athletes** to open your roster, and Recently Viewed Athletes to return quickly to players you have been reviewing.

Best practice

Start your coaching day on the Dashboard. It gives you a quick picture of lessons, tasks, and athletes requiring attention.

5. Athlete Profile

The Athlete Profile is the central coaching record for an individual athlete.



Profile-Level Actions

- **Edit Athlete** — Update athlete information.
- **Log Completed Lesson** — Record a lesson that already occurred without scheduling it first.
- **Schedule Lesson** — Create a future lesson.
- **Archive Athlete** — Remove an inactive athlete from the active roster while preserving records.
- **Delete Athlete** — Permanently delete the athlete according to RSP's deletion process.

4.1 Athlete Information

Purpose: Provides an at-a-glance overview of the athlete and coaching history.

- Total lessons and coaching hours

- First and last lesson
- Date of birth and age
- Sport
- Development stage
- Status
- Skill level
- Dominant hand
- Racket / Paddle brand
- String type
- String tension

How to use it: Use **Edit Athlete** when profile information changes. Lesson totals and dates populate as coaching history accumulates.

Best practice

Keep development stage and skill level current so the profile reflects the athlete you are coaching today.

4.2 Contacts

Purpose: Keeps the athlete's primary contact information directly inside the profile.

- Primary contact
- Relationship
- Mobile number
- Email address
- Preferred communication method
- Communication notes

How to use it: Enter the contact information you actually use for coaching communication. For junior athletes, this will often be a parent or guardian.

Best practice

Use Communication Notes for useful logistical details about contacting the athlete or family.

4.3 Player Development Goals

Purpose: Identifies and tracks specific areas of athlete development.

Examples include improving second-serve reliability, earlier forehand preparation, crosscourt recovery, return aggression, or competitive emotional control.

Add Goal

Select **+ Add Goal** to create a development objective. The Athlete Profile shows active and achieved goal counts; **View All** Goals opens the complete goal record.

Coach Focus This Week

Use this for the most important immediate coaching emphasis. It does not need to become another formal goal.

Example: Reinforce crosscourt recovery patterns.

You can type the focus or use your device keyboard's voice-to-text.

Best practice

Keep the number of active goals manageable. A few meaningful priorities usually provide better direction than a long list.

4.4 Development Notes

Purpose: Provides continuity between coaching interactions without requiring a formal Lesson record every time you work with an athlete.

Three questions it should answer

What did we work on? • What progress did I see? • What should we work on next?

Create a Development Note

If the athlete has no Development Notes yet, select Add First Development Note to create the first entry. After development history has begun, select + Add Development Note to add another entry.

Player Development Goals are optional. A Development Note can be linked to no goals, one active goal, or multiple active goals. Leave the goal selection blank when the update is a general development entry.

- Today's Focus — What you intend to address.
- Worked On — What you actually worked on.
- Progress / Observations — What improved, what you observed, or what still needs attention.
- Next Meeting — What should be continued or introduced next time.

Draft → Complete → Next Meeting

1. Use **Save Draft** when the update is not finished. After a successful save, the form closes and **Resume Draft** becomes available.
2. Select **Complete** when the entry is finished. It becomes part of Development Notes History.
3. When a completed update contains a Next Meeting note, that note appears prominently in the Development Notes.
4. Select **Start Next Meeting** to create a new update with the previous Next Meeting information carried forward. Still-active linked goals are preselected and remain editable.
5. The prior completed update remains intact.

Development Notes History

Recent Development stays concise on the Athlete Profile. Select **View Development Notes History** to review the full chronological record and use the available filters. Updates linked to achieved goals remain preserved.

Best practice

Keep Development Notes brief. The goal is coaching continuity—not paperwork.

4.5 Upcoming Lesson

Purpose: Shows the athlete's next scheduled coaching session.

If no future lesson exists, select + **Schedule Lesson**. The scheduled session also appears in the main Schedule.

4.6 Lesson History

Purpose: Provides the athlete's formal completed coaching record.

Use + **Log Completed Lesson** when a lesson already occurred but was not scheduled beforehand. Completed lessons accumulate in Lesson History and can be opened later.

Lesson vs. Development Notes

Lesson Record = what happened during a particular formal session. Development Notes = where the athlete is developing, what progress is occurring, and what should continue next.

4.7 Match Analysis

Purpose: Provides quick access to recent match analyses and the athlete's Match History.

Select + **New Match Analysis** to begin a match, or **View Match History** to review previous analyses.

See Section 8 for the full Match Analysis workflow.

4.8 Quick Notes

Purpose: Stores private coaching notes and observations that do not need to become a Lesson, Development Note, Goal, or communication record.

Select + **Add Quick Note** for equipment observations, reminders, coaching thoughts, tournament observations, or anything else you want to remember.

Think of it this way

Quick Note = Something I want to remember.

4.9 Coach Communication

Purpose: Organizes communication with athletes, parents, guardians, or staff from within the Athlete Profile.

The stored primary contact appears in this area. Choose a Communication Type, optionally associate the message with a Related Lesson, then type or dictate the message.

Saved communications remain available under Recent Communications.

Best practice

Use Coach Communication for information you actually communicated. Use Quick Notes for private information intended only for you.

6. Player Development Goals

Player Development Goals give the coach a clear, documented objective for what an athlete is working to improve or accomplish. A goal can be technical, physical, strategic, or mental, and it provides a focused reference point for training decisions and progress over time.

Goals are optional. Use them when a specific objective is important enough to define, revisit, measure, and eventually mark as achieved.

Creating a Goal

- Open the athlete's Player Development Goals section and select + Add Goal.
- Goal Title is the only required field. Add the other fields when they will make the objective clearer or easier to evaluate.
- Use Area of Play to identify the development category when appropriate.
- Add a Target Date when a useful time frame exists.
- Use Specific Goal to describe exactly what the athlete is trying to improve.
- Use Success Measure to describe what progress or success should look like.
- Use Starting Measurement when you have a useful baseline.
- Use Coach Notes for supporting context that will help you coach the goal.

Updating Progress

Use + Update Progress on Goal Details when you want to record progress specifically against that goal. These entries become the goal's Progress History and remain attached to that objective.

Progress updates are useful for milestone observations, measurements, or evaluations that directly answer: How is the athlete progressing toward this goal?

Progress History vs. Development Notes

These two areas serve different purposes:

- Progress History - records created specifically through Update Progress on the Development Goal.
- Development Notes - completed Development Notes entries that were linked to this goal while documenting the athlete's broader ongoing training.

A Development Note may relate to several goals at once, or to no goal at all. This keeps the Development Notes useful even when the coach is working on broader development rather than one specific objective.

Achieved, Archived, and Deleted Goals

- Mark Goal Achieved when the objective has been accomplished. The goal moves to history while its progress and linked development records remain available.
- Archive a goal when you want to remove it from active work without treating it as achieved.
- Delete Goal is for a goal that should be permanently removed. Use the confirmation carefully. Deleting a goal removes the goal and its goal-specific Progress History, but Development Notes and Lesson records are preserved.

7. Development Notes

Development Notes provide the athlete's ongoing chronological coaching record. It answers a different question from a Development Goal: What have we been working on with this athlete, what did I observe, and what should happen next?

Unlike a formal lesson record, Development Notes are designed for continuity across recurring coaching interactions. It can be used with Development Goals or completely on its own.

Starting and Recording a Development Note

- If the athlete has no Development Notes yet, select Add First Development Note.
- After development history has begun, select + Add Development Note to add another entry.
- Link to Development Goal(s) - optional. Select no goals, one active goal, or multiple active goals.
- Today's Focus - what you plan to focus on during this meeting.
- Worked On - what you actually covered during the meeting.
- Progress / Observations - improvements, patterns, concerns, and areas needing attention.
- Next Meeting - what you want to address or continue next time.

Save Draft and Complete

Use Save Draft when the entry is not finished. Resume the draft later and complete it when the coaching interaction is documented. Completed updates become part of Development Notes History and remain available for future review.

Start Next Meeting

When a completed Development Note contains a Next Meeting note, RSP can use that information to help begin the next coaching interaction.

1. Select Start Next Meeting.
2. RSP creates a new Development Note rather than changing the previous one.
3. The previous Next Meeting information carries forward into the new Today's Focus and remains editable.
4. Previously linked goals are preselected only if they are still active.
5. Worked On, Progress / Observations, date, and status are not copied forward.
6. The prior completed update remains intact.

Development Notes History

Use View Development Notes History to review completed Development Notes in chronological context. Filters help the coach focus on general development, active goals, completed goals, or a selected time period.

Because Development Notes form one continuous record per athlete, it provides a practical coaching timeline without requiring separate logs for technical, physical, strategic, and mental development.

Best practice

Keep Development Notes concise enough that you will actually use them. Capture what matters for the next coaching decision: the focus, what happened, what you observed, and what should come next.

Development Notes Workflow

RACKET SPORTS PRO

COACH • DEVELOP • EMPOWER

Development Notes Workflow

A simple 5-step process to capture progress, plan the next step, and build a lasting record.



Goal = destination • Development Notes = coaching journey • Lesson = formal session

8. Player Development Workflow

Player Development Goals and Development Notes are separate tools that work especially well together. Goals define the destination; Development Notes record the coaching journey.

A simple way to think about the system:

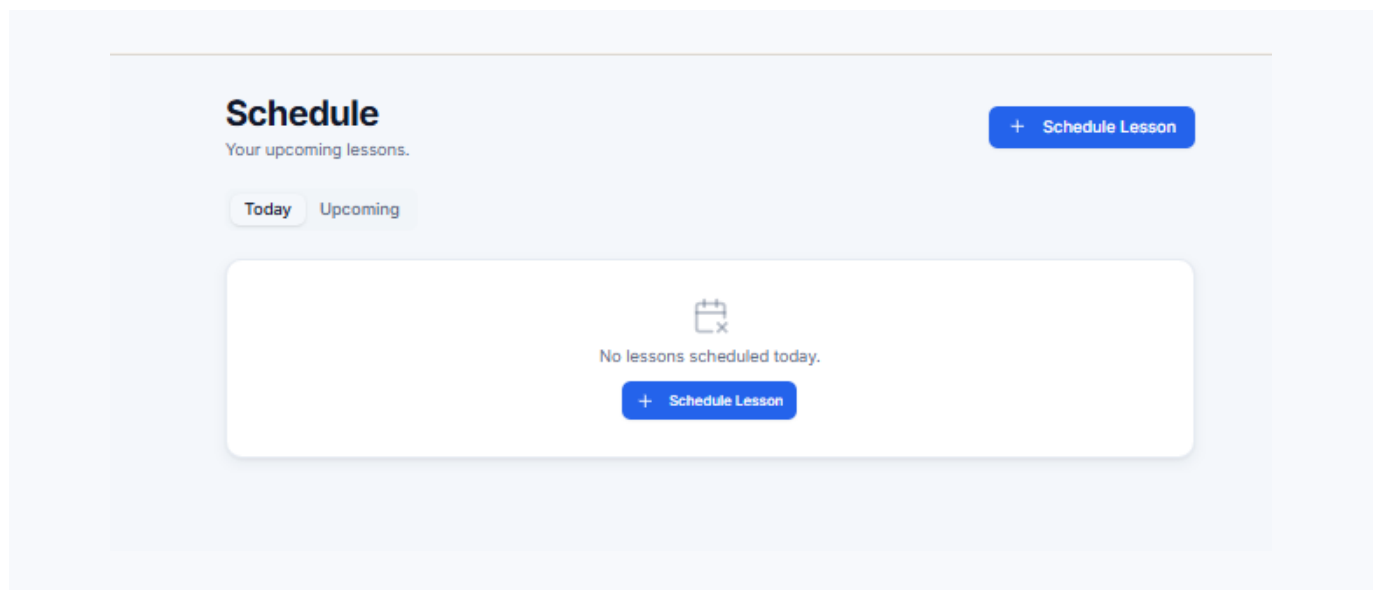
- Player Development Goal - Where are we trying to go?
- Development Notes - What are we doing and observing along the way?
- Player Development Workflow - How do we use both over time to guide the athlete's development?

Recommended Workflow

7. Create a Player Development Goal when a specific objective is useful. This step is optional.
8. Start or continue the athlete's Development Notes.
9. Record Today's Focus, Worked On, Progress / Observations, and Next Meeting.
10. Link the Development Note to any relevant active goals, or leave goals blank for a general update.
11. Complete the update so it becomes part of Development Notes History.
12. Use Start Next Meeting to carry the coaching thread forward.
13. When appropriate, use Update Progress on a specific goal to record a milestone or measurement in that goal's Progress History.
14. When the objective is accomplished, Mark Goal Achieved. Continue using the Development Notes for the athlete's ongoing development.

The goal is not to create more administrative work. Use the level of detail that helps you coach better. Some athletes may need only Development Notes; others may benefit from several active goals and more detailed progress tracking.

9. Lessons & Schedule



Today and Upcoming

The Schedule provides Today and Upcoming views so you can see current and future coaching sessions. Applicable individual and group lessons are combined into the coaching schedule.

Schedule Lesson

Use **+ Schedule Lesson** when creating a future coaching session.

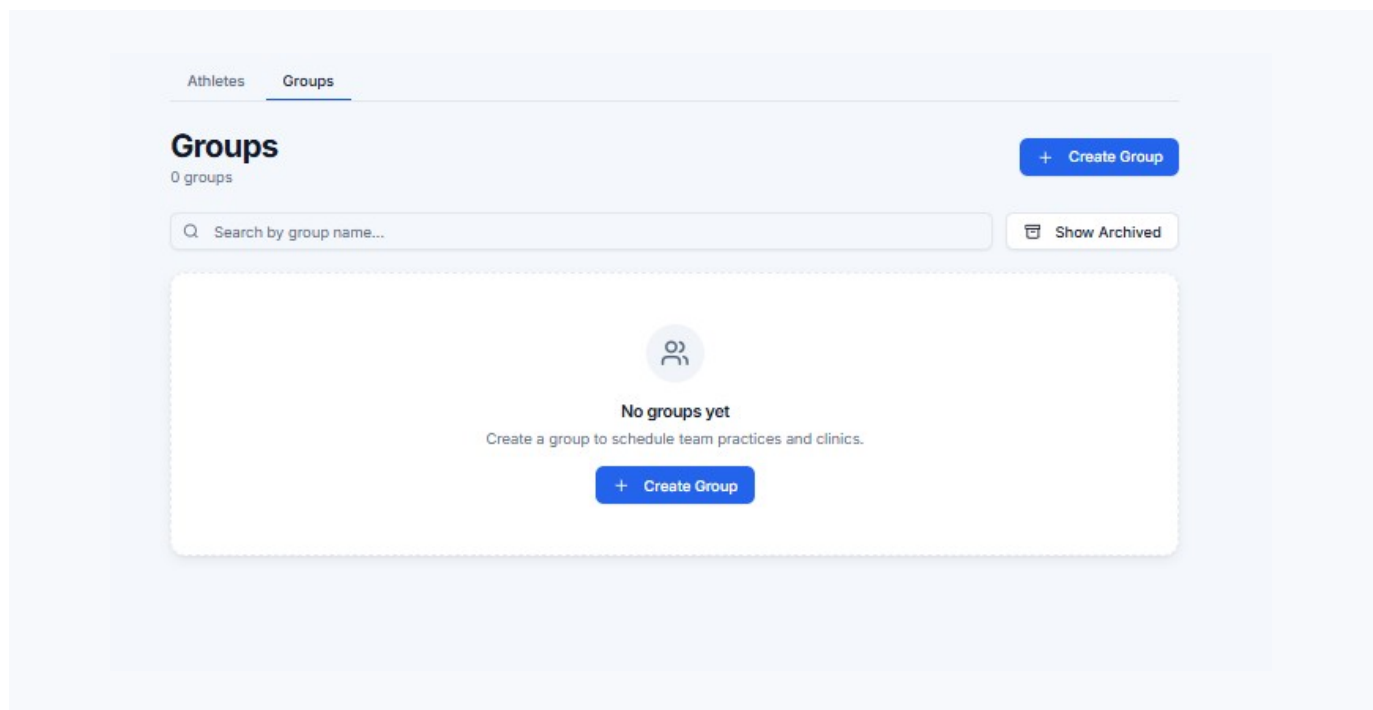
Log Completed Lesson

Use **Log Completed Lesson** when a coaching session already occurred and did not need to be scheduled first.

Choose the right level of record keeping
Future formal session → **Schedule Lesson**
Completed formal session → **Log Completed Lesson**
Quick ongoing development work → Development Notes

10. Groups

Groups manage athletes who regularly train together, including training groups, clinics, teams, and recurring development programs.



Create and Manage a Group

From the Athletes area, open the Groups tab and select **+ Create Group**. Add the appropriate athletes or members to the group.

Group Details

- Group information
- Members
- Schedule Lesson
- Log Completed Lesson
- Group Lesson History
- Group Communication

Group Lessons

Use **Schedule Lesson** for a future group session. Use **Log Completed Lesson** when the group session already occurred and was not previously scheduled. Completed sessions remain available in Group Lesson History.

Group Communication

Compose information for the group and use the available member contact information to help communicate with multiple participants.

Best practice

Use Groups for recurring multi-athlete coaching relationships so scheduling, lesson history, membership, and communication stay connected.

11. Teams & Rosters

Teams & Rosters provides an optional way to organize school teams, club teams, competitive squads, and other rosters without requiring every person on the roster to be a full RSP Athlete.

Athletes and Roster Members

A roster can contain any combination of full Athletes and lightweight Roster Members.

- **Athlete** — A player the coach actively coaches or tracks in RSP. An Athlete has a full RSP Athlete Profile and a complete coaching record, including lessons, Player Development Goals, Development Notes, ratings and Rating History, Match Analysis, Quick Notes, and Coach Communication.
- **Roster Member** — A roster-only player who belongs to a team or roster but does not need a full Athlete Profile because they are not actively coached by the coach using RSP. A Roster Member can have basic contact information, playing level, current USTA and UTR ratings, notes, and communication history without appearing in the coach's main Athlete list.

This allows a school coach, for example, to manage a Varsity or JV roster even when some or all players train primarily with other coaches. It also works for club A Teams, B Teams, tournament squads, and similar team environments.

Creating and Managing Rosters

- From Athletes, select Manage Teams & Rosters.
- Create a Team / Roster and enter the roster name, sport, optional season, and notes.
- Use Add Athletes to add existing RSP Athletes.
- Use Add Roster Member to add someone who belongs on the roster but does not need a full Athlete Profile.
- A roster may contain all Athletes, all Roster Members, or a mixture of both.

Roster Member Information

Each Roster Member has a lightweight details record that can include name, phone, email, playing level/rating, current USTA rating, current UTR rating, and notes. Roster Members do not appear in the main Athletes list and do not automatically receive Development Goals, Development Notes, Lesson History, Match Analysis, or Rating History.

Roster Member Communication

Open a Roster Member to record and review important team-related communication. Communication History can include the date, method (In Person, Phone, Text, Email, or Other), and notes. Entries can be edited or deleted individually.

Converting a Roster Member to an Athlete

If the coaching relationship changes and the coach wants to track that person fully in RSP, select Convert to Athlete from Roster Member Details. After confirmation, RSP creates a full Athlete Profile, keeps the person on the roster, transfers current USTA/UTR ratings into the Athlete rating system, carries relevant contact information and notes, and preserves the member's communication history in Coach Communication.

RSP checks for a possible existing Athlete before conversion and warns the coach rather than silently merging records. After a successful conversion, the person appears once on the roster as an Athlete and can use the complete RSP Athlete system.

Roster Filtering

When active rosters exist, the Athletes page can be filtered by roster. This filter applies to full Athletes. Lightweight Roster Members remain managed through Teams & Rosters and do not appear in the main Athletes list.

Teams & Rosters vs. Groups

Use Teams & Rosters to organize who belongs to a team. Use Groups to manage people who train together and need group lessons, Group Development Goals, Group Development Notes, and Group Communication. A coach may use either feature or both.

12. Match Analysis

Match Analysis turns competition into usable player-development information. It helps you move beyond the final score and record what actually happened during points.

MATCH ANALYSIS – POINT BY POINT FLOW

The complete story of every point.

1 HOW DID THE POINT START? Establish the starting situation.	2 HOW DID THE POINT END? What shot decided the point?	3 WHY DID THE POINT END? What was the outcome of that shot?	4 HOW / WHY DID IT HAPPEN? Add coaching context.
ATHLETE ROLE SERVING RECEIVING IF SERVING – SERVE RESULT ✓ 1st Serve In ✗ 1st Serve Fault ⓘ 2nd Serve In Ⓐ Ace Ⓛ Double Fault Why it matters: • Provides the foundation for all serve and return statistics.	DECISIVE SHOT FH Forehand BH Backhand ↔ Return 🏸 Volley 👊 Overhead / Smash ⋯ Other DIRECTION (if applicable) Crosscourt (CC) Down the Line (DTL) Middle (M) Why it matters: • Identifies the shot that ultimately decided the point.	OUTCOME OF DECISIVE SHOT 🏆 WINNER Athlete hit a shot the opponent could not play. ➡ FORCED OPPONENT ERROR Athlete's shot forced the opponent into an error. ✗ UNFORCED ERROR Athlete made an error not primarily caused by opponent pressure. Why it matters: • Distinguishes winners, forced errors, and unforced errors.	OBSERVATIONS / NOTES Enter observations about this point... (e.g., late preparation, short ball, wind, aggressive play, pattern, etc.) EXAMPLES • Late preparation on wide ball • Took ball early and attacked • Opponent pushed the ball short • Great depth changed the ball • Good serve + 1 pattern Why it matters: • Provides the coaching insight that turns data into improvement.

EXAMPLE – ONE COMPLETE POINT STORY



HOW IT TURNS INTO POWERFUL INSIGHT

SERVE PERFORMANCE • 1st Serve % • 1st Serve Points Won % • 2nd Serve Points Won % • Aces • Double Faults	RETURN PERFORMANCE • 1st Serve Return Points Won % • 2nd Serve Return Points Won % • Return Winners • Return Unforced Errors	SHOT PERFORMANCE • Forehand Winners / Errors • Backhand Winners / Errors • Direction (CC / DTL / Middle) • Volley / Overhead Stats	MATCH SUMMARY • Winners • Forced Errors • Unforced Errors • Total Points • Point Won %	COACHING INSIGHTS • Patterns & Tendencies • Strengths • Areas to Improve • Practice Recommendations
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💡 Every point has a story. Collect the story. Understand the match. Improve the player.

Start a Match

From the Athlete Profile, select + **New Match Analysis**. Create a standalone match or associate it with a Competitive Event.

Who Is Being Analyzed?

By default, Match Analysis tracks performance statistics for the selected RSP athlete only. The opponent is included for match and scoring context, but the analysis is focused on the athlete you are coaching.

To analyze both players in a practice match, select Practice Match, choose Guest Player for the other player, and select Both Players in the Analysis Mode section. With Both Players selected, RSP allows point-by-point performance information to be recorded for both players.

This is useful when a coach wants to evaluate both sides of the court. The resulting performance information may also be shared with the Guest Player or their coach using the available Match Report sharing or export options.

Competitive Events

Use a Competitive Event when the athlete may play multiple matches within the same tournament or event. Event information stays connected while each match keeps its own opponent, round, date, score, and match-specific details.

Courtside Point Entry

- **Start** — Identify whether the athlete being analyzed is serving or receiving and record the applicable serve/return result. When Both Players is selected for a Practice Match, record the point from the appropriate player perspective throughout the analysis.
- **Decisive Shot** — Identify the shot that decided the point.
- **Outcome** — Record Winner, Forced Opponent Error, Unforced Error, or another supported outcome.
- **Observation** — Add optional coaching context when it helps explain the point.

Custom Coaching Tags

Use the Coaching Tag selector to apply built-in tags or select **Manage Tags** to create, rename, or delete reusable custom tags, hide or unhide built-in defaults, or restore the default tag set. Changes to the tag library affect future selections only; tags already recorded in historical Match Analysis points remain unchanged.

Complete and Review the Match

Completed Match Analysis produces performance information across serve, return, shot performance, winners, forced opponent errors, unforced errors, directional information where recorded, and the final match result.

Use the Report to Guide Training

The coaching question

Based on what actually happened in competition, what should we work on next?

Use the report to inform Player Development Goals, Development Notes, drills, and future training priorities.

Courtside best practice

Accuracy matters, but speed matters too. Record the point story consistently and use observations selectively so the app supports your attention rather than competing with the match.

13. Drill Library

Drill Library

Build, organize, and quickly find your favorite coaching drills.

6 Active Drills

All (6)
Not Set (2)
Serve (1)
Return of Serve (0)
Baseline (3)
Net Play & Transition (0)
Passing Shots & Lobs (0)

All Development Stag

All Core Four Focus

All Development Focus Ar

Q Search drills...

☐ Show Archived

Beat The Bounce

Sport: Tennis Stage: All Stages

Technical • Physical

Primary Development Focus: Early racket preparation and unit turn

Court View
 View

You're Too Slow

Sport: Tennis Stage: Red Ball

Technical • Physical

Primary Development Focus: Movement

Court View
 View

Ladder Challenge

Sport: Tennis Stage: Red Ball

Physical

Court View
 View

Serena Williams Drill

Sport: Tennis Stage: All Stages

Technical

Primary Development Focus: Topspin

Court View
 View

Serve and return, Plus 1

Sport: Tennis Stage: Yellow Ball

Technical • Mental

Primary Development Focus: Tactical

Court View
 View

Hurdles - In and Outs

Sport: Tennis Stage: All Stages

Physical • Technical • Strategic

Primary Development Focus: Footwork

Court View
 View

Purpose: Creates your personal coaching knowledge base so useful drills are organized and easy to find.

Add and Organize Drills

Select **+ Add Drill** to save a drill and its relevant coaching information. Use categories, development stage, Core Four focus, development focus, and search to locate drills quickly.

Common areas of play include Serve, Return of Serve, Baseline, Net Play & Transition, and Passing Shots & Lobs.

Court View and Video

Court View provides a presentation better suited to on-court use. When a video is attached, the library identifies that video is available. Racket Sports Pro does not store or host your videos. Most coaches use YouTube, Google Drive, Microsoft OneDrive, or other hosting service and simply attach the public link for the drill.

Insert Drill into a Lesson

A drill saved in the Drill Library can be inserted directly into a lesson plan so you do not have to retype the drill each time you want to use it.

When creating or editing a lesson, use **+ Insert Drill from Library** in the Lesson Plan area. Select the drill you want to use, and RSP adds it to that lesson plan while keeping the original drill in your Drill Library.

This is especially useful when planning individual or group lessons: build your reusable drills once in the Drill Library, then insert the appropriate drills into the lesson you are preparing. The lesson keeps its own planned use of the drill, while the Drill Library remains your reusable master collection.

Archived Drills

Archive older drills without permanently removing them. Use **Show Archived** when you need to retrieve one.

Best practice

Build the Drill Library gradually. Add drills you actually use rather than trying to create an enormous library immediately.

14. Coach Planner

Coach Planner

Organize your coaching tasks and stay ahead of upcoming priorities.

All

All Categories

All

Due Today

☐ **Create fall "Play Day" flyer**

Due Aug 31, 2026 Medium Tournament

Need to use Canva to create the flyer for the tournament. Also need to double check with USTA make sure that they have the links ready for the tournament. Also need to put those links within the flyer that are clickable.

☐ **Order Yellow balls**

Due Aug 31, 2026 Medium Equipment

Upcoming Tasks

☐ **Plan out lessons for Fridays Group**

Due Aug 24, 2026 Medium Lesson Planning

☐ **New Green ball program design**

Due Aug 27, 2026 Medium Lesson Planning

☐ **Call Friday students**

Due Sep 2, 2026 Medium Academy

Time change to 4:30

☐ **Video for the app**

Due Sep 4, 2026 High Marketing

☐ **Sophie out Sept. 12**

Due Sep 12, 2026 Medium Lesson Planning

Confirm with Natalie at next lesson.

Purpose: Your personal coaching task-management system. It is for things you need to do—not athlete development history.

Examples: plan a group lesson, order balls, call an athlete, prepare tournament information, create marketing material, follow up with a parent, or prepare next week's training.

Add and Manage Tasks

Select **+ Add Task**. Tasks can include due date, priority, category, and notes/details. Due Today and Upcoming Tasks keep immediate and future responsibilities separated.

Search, Filters, and Print

Use search and filters to narrow the task list. Print is available when a physical task list is useful.

Remember

Coach Planner = What do I need to do?

Development Notes = What does this athlete need next?

15. Communication & Notes — Understanding the Difference

Feature	Primary Purpose	Think...
Quick Notes	Private memory	Something I want to remember.
Development Notes	Ongoing player development	What are we working on, what changed, and what's next?
Lesson Record	Formal coaching history	What happened in this particular lesson?
Coach Communication	Communication history	What did I communicate to the athlete or family?
Coach Planner	Personal action item	What do I need to do?

16. Recommended Daily Coaching Workflow

There is no requirement to use RSP exactly this way. A simple routine can keep records useful without adding unnecessary administration.

Before Coaching

- Dashboard — Check Today's Lessons and Coach Planner.
- Athlete Profile — Review Goals, Development Notes, and Next Meeting.
- Prepare — Review lesson information and select drills if needed.

During Coaching

Coach first. Use RSP only where it adds value. Capture a Quick Note, Development Note, Lesson information, or Match Analysis when appropriate.

Immediately After

When useful, take 30–60 seconds to record: What did we work on? What progress occurred? What's next?

During and After Competition

Use Match Analysis when appropriate. Afterward, review the Match Report and ask what the results suggest about the athlete's next training priorities.

End of Day / Week

Review Coach Planner and the upcoming Schedule.

The continuous loop

Observe → Coach → Record → Analyze → Plan → Develop

17. Which RSP Feature Should I Use?

Quick Reference Guide

I want to...	Use
Store basic athlete information	Athlete Information
Keep athlete/parent contact details	Contacts
Establish a specific development objective	Player Development Goals
Identify my immediate coaching priority	Coach Focus This Week
Track ongoing work, progress, and next steps	Development Notes
Remember something privately about an athlete	Quick Notes
Plan a future lesson	Schedule Lesson
Record a lesson that already occurred	Log Completed Lesson
Review previous formal lessons	Lesson History
See what I'm coaching today or upcoming	Schedule
Analyze match or competition performance	Match Analysis
Save and organize coaching drills	Drill Library
Manage athletes training together	Groups
Organize a school, club, league, or competitive team	Teams & Rosters
Keep roster-only players without full Athlete Profiles	Roster Members

Schedule or record a group session	Group Lessons
Communicate with an athlete or parent	Coach Communication
Communicate with several group members	Group Communication
Keep track of my own tasks and deadlines	Coach Planner
Update my profile or account	Settings

The Five Most Common Choices

- Something I want to remember → Quick Notes
- Ongoing player improvement -> Development Notes
- A specific development objective -> Player Development Goals
- A formal coaching session → Lesson
- Something I personally need to do → Coach Planner

Final Principle

RSP should support your coaching—not interrupt it.

You do not need to fill out every area for every athlete or every session. Use the appropriate tool when the information will help you remember, communicate, plan, evaluate, or make a better coaching decision later.

Over time, those small records create something much more valuable: a clear picture of where the athlete started, what you've worked on, how they've progressed, and where you're taking them next.