

Player Assessment

Name of player: _____ Match vs.: _____

Position played: _____ Match score: _____ Date: _____

Step 1, Assess yourself on the following for the above match.

	Poor		Average		Good
Handling	1	2	3	4	5
Support play	1	2	3	4	5
Ball retention	1	2	3	4	5
Tackling/Applying pressure	1	2	3	4	5
Decision making	1	2	3	4	5
Positional skill	1	2	3	4	5
Contribution to unit	1	2	3	4	5
Tactical decision making	1	2	3	4	5
Fitness	1	2	3	4	5
Mental fitness	1	2	3	4	5

Step 2, Now set yourself 3 match goals for the next time you play, remembering that goals must be SMART ie.

Simple Measureable Attainable Realistic Time-scaled

1. _____

2. _____

3. _____

Step 3, Now set yourself 3 training practise goals for the week in order to achieve your match goals.

1. _____

2. _____

3. _____

Step 4, Now go and speak to your coach.