



DATE:

1. Name:
2. Contact number:
3. Emergency contact/ parents:
4. Email address:
5. Age:
6. How long have you been playing?
7. What's your highest level of playing?
8. What would you like to get out of these training sessions?
9. What position/s on the field are you interested in?

FOOTBALL SELF EVALUATION

(The following questions give a general overview of who you are as a football player. Don't need to think too much about it. Just write the first thing/s that comes to mind)

1. What do you feel your strengths are as a player?
2. What do you feel are your challenges?
3. What do others say your strengths are in your game?
4. What do others say your challenges are in your game?
5. What do you enjoy most about playing football?
6. What do you enjoy least about playing football?

7. What do you enjoy most about training?

8. What do you enjoy least about training?

Physical Assessment

1. What's your preferred foot? **LEFT / RIGHT**
2. Would you like to improve both feet? **YES / NO**
3. Do you have any reoccurring injuries, please list them? **YES / NO**
4. What is your greatest physical strength/strengths? (i.e., strength on the ball, acceleration, speed etc.)
5. What are your physical challenges? (i.e., repeated sprints, getting back to defend, stamina, strength etc.)

What do you feel you need to work on?

The following questions are an honest self-evaluation of where you feel you are at with your game. This is so you get an overview of where you are at and will help you get the most out of training with us. There is no right or wrong answer, and you don't need to think about it a lot, go with your first thought. Just put a number next to the following to rate where you feel you are at with certain skills.

Place a number from 0 to 5 next to each skill (0 being I have no need for improvement & 5 being a great need for improvement)

CORE SKILLS

Controlling the ball =

First touch =

Dribbling the ball at speed =

1 on 1 defending =

1 on 1 attacking =

Heading the ball =

Movement and positioning when receiving the ball =

Long passes =

Short passes =

First touch passes =

Place a number from 0 to 5 next to each skill (0 being I have no need for improvement & 5 being a great need for improvement)

GAMEPLAY

Assessing and playing the options on the field =

Being strong on the ball =

Receiving the ball with your back to the goal =

Knowing when to make decisions with the ball (i.e. when to dribble or pass) =

Quick feet with the ball =

ATTACKING SKILLS

Shooting accuracy =

Shooting power =

Shooting option i.e., shot selection: Do I often make the right decision on when to use inside foot or front of foot, curl etc.) =

One on one with the goalkeeper =

Keeping the ball under pressure in tight spaces - dribbling and passing =

Dead ball situations (Freekicks, corners, penalties) =

Making the right runs to get the ball =

ATHLETICISM

Acceleration =

Speed =

Stamina =

Repeated sprints =

Strength (holding defender of the ball/winning the ball of attacker) =

Vertical leap for headers =

DEFENSIVELY

How well do I feel I can tackle? = **Excellent / Average/ Can be improved**

Do I run back to stop my opponent from attacking? = **Always/ Occasionally/ Not at all**

Do I win the ball back for my team often (tackles, interceptions/reading the play? = **Always/ Occasionally/Not at all**

Am I competitive, do I often want to beat my opponent to the ball and even put my body in the way of the ball or player to help my team = = **Always/ Occasionally/ Not much at all**

MENTAL ATTITUDE

Place a number next to the following to rate your need for improvement from 0 to 5 (0 being not at all & 5 being I struggle a lot with it)

Work ethic/passion on and off the field =

My ability to deal with frustration on the field =

Do I have fun while playing the game? =

Dealing with injuries on and off the field =

Your attitude towards criticism from the coach/other players/family =

Winning the ball back after losing it =

How do I cope losing a game/having a bad game? =

How do I feel winning a game/having a good game? =

If you have a favorite player, who do you admire and why?

Please indicate any additional information that you feel will be helpful to know so we can maximize our training sessions together.

SPORTS CHAPLAIN / PASTROL CARE with Kylie

This service is not just limited to the mental/physical/spiritual needs of the client, but also those that are actively involved in the clients lives.

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|--|----------|
| 1. Would you like to discuss /work on your ability to cope with stress? | Yes/ No |
| 2. Would you like to discuss/ work on your ability to cope with anger? | Yes / No |
| 3. Would you like to discuss/ work on your ability to cope with pressure? | Yes / No |
| 4. Would you like to discuss/ work on your ability to cope with <i>bullying</i> ? | Yes / No |
| 5. Would you like to discuss/ work on your ability to cope with your home/school life? | Yes / No |
| 6. Would you like to discuss/ work on your ability to set goals and work towards them? | Yes / No |
| 7. Would you like to discuss/ work on your ability to find a balance in your life? | Yes / No |
| 8. Would you like to discuss/ work on your ability to build confidence that transfers easily from practice to competition? | Yes / No |
| 9. Would you like to discuss/ work on your ability to define and manage the high expectations and beliefs that lead to frustration and discouragement? | Yes / No |
| 10. Would you like to discuss/ work on your ability to let go and quickly move on from mistakes, losses, and setbacks? | Yes / No |

11. Would you like to discuss/ work on your ability to manage distractions and negative self-talk to perform with focus? Yes / No
12. Would you like to discuss/ work on your ability to focus on your confidence before games? Yes / No

PARENTS/ CAREGIVER

13. Would you like to discuss/ work on what you might be doing or saying to hurt your athlete's confidence? Yes / No
14. Would you like to discuss/ work on your ability to say and do the right thing to your athlete to boost their confidence before and after games? Yes / No
15. Would you like to discuss/ work on your ability to encouraging your child to play their best without pressuring them? Yes/ No

Thank you! We look forward to working with you to develop your football skills and helping make you the player you want to become.

Adam & Kylie Casey