



Player Self-Assessment Form

The completion of this form is not compulsory. However, by taking an interest in your own learning and development, it will help demonstrate you're own motivation to improve and be the best that you can be.



Technical

Ability to strike the ball in a variety of ways with you're left foot					
Ability to strike the ball in a variety of ways with you're right foot					
Able to control the ball with different body parts					
Able to deal with the ball under pressure					
Receiving skills					
Dribbling in a 1v1 to beat an opponent					

Psychological

Decision making in possession					
Confidence in games					
Commitment to improving					
Creativity					
Resilience					

Physical

Balance					
Strength					
Speed					
Nutrition & lifestyle					

Social

Teamwork					
Self esteem					
Communication					
Independence & Responsibility					

“You can motivate by fear, and you can motivate by reward. But both those methods are only temporary. The only lasting thing is self motivation.”
- Homer Rice