



P.O. BOX 950295. Lake Mary, FL 32795. Phone Number: (407)953-5455

E-mail: soccernextgen@gmail.com. Website: www.soccernextgen.org

Assessment Form

Player's Name: _____

Player's DOB: _____ Email Address: _____

Date of Evaluation: _____

	RATING (1 – 4) See Below for Scale			
TECHNCAL ABILITY	1	2	3	4
• Ball Control	_____	_____	_____	_____
• Passing	_____	_____	_____	_____
• Dribbling	_____	_____	_____	_____
• Heading	_____	_____	_____	_____
• Finishing	_____	_____	_____	_____
1 NEEDS IMPROVEMENT 2 AVERAGE 3 ABOVE AVERAGE 4 NEXTGEN PLAYER/MASTERY				

	RATING (1 – 4) See Below for Scale			
TACTICAL AWARENESS	1	2	3	4
• In Attack	_____	_____	_____	_____
• In Defense	_____	_____	_____	_____
1 NEEDS IMPROVEMENT 2 AVERAGE 3 ABOVE AVERAGE 4 NEXTGEN PLAYER/MASTERY				

	RATING (1 – 4) See Below for Scale			
PHYSICAL ASPECT	1	2	3	4
• Drive	_____	_____	_____	_____
• Aggressiveness	_____	_____	_____	_____
• Determination	_____	_____	_____	_____
• Responsibility	_____	_____	_____	_____
• Leadership	_____	_____	_____	_____
• Self-Confidence	_____	_____	_____	_____
• Mental Toughness	_____	_____	_____	_____
• Coachable	_____	_____	_____	_____
1 NEEDS IMPROVEMENT 2 AVERAGE 3 ABOVE AVERAGE 4 NEXTGEN PLAYER/MASTERY				



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Additional Comments:

Multiple horizontal lines for writing additional comments.

Player Signature

Date

DEFINITIONS

Technical Ability:

Ball Control:

Able to bring a ball played to you under control instantly and smoothly. This is the ability to collect and move in a different direction without stopping the ball completely, yet still maintaining it securely. Develop the technique of receiving a pass at top speed. This means not slowing down to collect a ball coming on the ground, bouncing, or in the air. You must be able to protect the ball by shielding it and developing deception in order to lose your opponent.

Passing:

Able to successfully complete short and long range passes. This incorporates all of your ball skills, including heading, bending, chipping, and the ability to drive the ball to a teammate. You will find at a high level, it is easier to control and make quick decisions with a ball that is driven to you, rather than weakly played. Develop the skill of one-touch passing.





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Dribbling:

This is the ability to maneuver, burst past opponents, change directions and speed at will, and break through packed defensive lines. Exhibit quick feet, combined with a sense of comfort under pressure, to penetrate into space to allow opportunities for yourself or a teammate.

Heading:

Ability to head at goal after crosses, heading high, wide, and deep for defensive clearances. Heading balls as a one-touch pass either into space or to teammate's feet in order to create shooting opportunities. Effectively demonstrate the ability to do this under the pressure of the game.

Finishing:

This aspect takes in the correct technique of striking the ball in various ways; driving low balls, hitting volleys, half-volleys, half-chances, chipping, bending, heading, etc. Good goal scorers can also finish with their chest, heel, toe, and thigh. Coaches look for players who can exhibit composed aggressiveness, swift and secure decision making at the opportune times. The successful goal scorer has the mentality to be very aggressive and not afraid of failure.

Tactical Awareness:

Tactical insight incorporates the anticipation, reading, and execution of certain clues that happen during possession and non-possession of the ball.

In Attack:

A. Player not in possession:

1. Makes themselves available for the ball, with diagonal or crossover runs.
2. Realizes when it is crucial to offer close support and when to stay away.
3. Recognizes the proper time to execute "take-overs" and "overlaps".

B. Player in possession:

1. Has good peripheral vision, recognizing the correct time to switch the ball to the other side of the field.
2. Has good penetrating vision, allowing them to see and utilize players who are down the field.
3. Recognizes the correct time to play directly, and when it is important to hold the ball (shielding or dribbling), or when to run at top speed past players opening up passing angles for his team.
4. Sees opportunities to play "one-twos".

In Defense:

During the immediate pursuit, and desire to regain possession of the ball, the player should recognize:

1. When to race forward to intercept the pass.
2. When to mark the opponent tightly (pressure) in order to discourage the ball from being passed to them.
3. When, where, and how (posture) to tackle.



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4. When to tackle the ball carrier and force them away from the goal (patience).
5. The quickest avenue of attack upon regaining the ball.

Physical Aspects:

Endurance:

The ability of a player to commit themselves diligently throughout the game in attack and defense with no sign of fatigue and impaired ball control. The player must constantly be running into open space demanding the ball or pulling and committing opposing players to create openings. Even though this is also a tactical commitment, it will only be successful if you have the endurance capabilities to run for 60 to 90 minutes. The coach will be examining your physical exertion as you are being exposed to tactical problems you are trying to solve in the game.

Speed:

The ability to accelerate quickly and maintain acceleration of the various lengths that player's position demands. As an example, the forwards need acceleration with changes of speed over three to twenty yards.

Elements include:

1. Pure straight-ahead running speed.
2. Lateral speed (changing direction).
3. Change of speed (slow to fast, fast to half speed).
4. Deceleration ("stopping on a dime").

After these basics are attained, speed must be practiced with the ball

Agility:

The ability to change directions quickly. A few examples: Twisting, turning while dribbling, readjusting your body to control an awkwardly bouncing ball and recovering quickly after tackles. This area is enhanced by flexibility exercises such as stretching, ball gymnastics, and skill training with the ball. Conditioning training must be combined with skill and tactical training.

Strength:

The ability to effectively use your body to win physical confrontations. Strength is exhibited during tackling (1v1), winning the aerial duel (heading), and changing directions effectively (explosion). It is important to learn how to effectively use these strengths to your advantage. For instance, it is demonstrated when using your arms to hold a player off while running at top speed with the ball or in shooting for power. Much of your strength and power training can be combined with technique training.





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Personality traits:

Each coach identifies key players with personalities and qualities that cause them to become team leaders. The following personality traits are the most common:

1. Drive: Pure will power, eager to achieve goals, a burning desire to achieve success, strong self-motivation, commitment, dedication, and determination.
2. Aggressiveness: “Go-getter”, strong self-assertion, takes risks, wants to dominate opponents, works hard and ruthless in attack and defense. Danger - bad losers, inclined to retaliation and revenge fouls, loses self-control, and general lack of discipline.
3. Determination: Seeks the direct way towards goal, no compromising, doesn’t hesitate when making decisions, fully concentrated, and success oriented.
4. Responsibility: Intelligent, can read the game tactically (anticipation), conscientious, reliable, wants security, cooperative, ready for compromise, stable and skillful player.
5. Leadership: Intelligence, dedication, pride, bare responsibility for the team, influences the environment, anticipation, intuition, independent, spontaneous, convincing, dominating player, hard worker, no surrender, composed, self-controlled, endurable, communicative, respected, and trustworthy.
6. Self-Confidence: Secure ball control and determined application of skills and tactics under pressure (both external and self-imposed). Danger - these players tend to underrate opposing players, show a lack of willingness to be coached, and can become easily complacent.
7. Mental Toughness: Persistency, consistency, commitment throughout the game, no surrender, and tough self-assertion.
8. Coachable: Readiness to learn, achieve goals, self-motivated, attentive, receptive, interested, spontaneous, commitment to team, problem solver, hard worker, self-disciplined, creative, constructive, and progressive.