



Jersey Knights S.C.

Evaluation



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Self-Improvement Workout



Coach: _____ Team: _____

PLAYER: _____

Grading Scale: 1=Very Good 2=Good 3=Average 4=Needs Improvement

CATEGORY	1 ST	COMMENTS
TECHNICAL ABILITY: -DRIBBLING -PASSING -RECEIVING -HEADING -JUGGLING -SHOOTING		
TACTICAL APPLICATION: -INDIVIDUAL -TEAM -COMMUNICATION		
PHYSICAL ATTRIBUTES: -FOOTWORK -SPEED/QUICKNESS -STRENGTH/POWER -CARDIOVASCULAR		
PSYCHOLOGICAL: -CONCENTRATION -ATTITUDE -COMPOSURE -LEADERSHIP -CONFIDENCE		

OVERALL COMMENTS:

TOPIC:

GOAL:

Training Exercises: