

Name of Player	_____
Age	_____
Team	_____
Position	_____
Coach	_____

Pretest Date:	_____
Coopers Distance Test	_____
300 yd. Shuttle Test	_____
3 Hop Test	_____
Push Ups	_____
Sit Ups	_____

Posttest Date:	_____
Coopers Distance Test	_____
300 yd. Shuttle Test	_____
3 Hop Test	_____
Push Ups	_____
Sit Ups	_____

RATING 1 through 5

- 1=cannot perform
- 2=poor
- 3=average
- 4=above average
- 5=excellent

<u>MENTAL ATTRIBUTES</u>	<u>MOVEMENT</u>	<u>COMPETITIVENESS</u>	<u>TECHNICAL SKILL</u>
Learns quickly _____	Quickness _____	Determination _____	Fast Footwork _____
Awareness _____	Agility _____	Aggressiveness _____	Fakes Facing Opponent _____
<u>CHARACTER</u>	Balance _____	Toughness _____	Fakes w/ Back to Opp. _____
Coachable _____	Coordination _____	Stamina _____	Pure Dribbling _____
Responsibility _____	Mobility _____	Hustle _____	Collections (Ground) _____
Punctuality _____			Collections (Air) _____
<u>RUNNING TECHNIQUES</u>	<u>RUNNING STEPS</u>	<u>RUNNING POWER</u>	Receiving & Turning _____
Arm Movement _____	First 3 steps _____	Explosiveness _____	Passing Ground Balls _____
Leg extension _____	10 yd _____	Vertical Jump _____	Long Balls _____
Leg Recovery _____	40 yd _____	Change of Direction _____	Shooting (Accuracy) _____
Body position _____	440 yd _____		Shooting (Power) _____
Head position _____	One mile+ _____		Shooting (Acrobatics) _____
			Heading (Defensive) _____
			Heading (Attacking) _____
TOTAL POINTS _____		AVERAGE SCORE _____	

WHAT ARE THE PLAYERS STRONG POINTS? \_\_\_\_\_

\_\_\_\_\_

WHAT ARE THE PLAYERS WEAK POINTS? \_\_\_\_\_

\_\_\_\_\_