Player Self-Assessment

PLAYER & TEAM ANALYSIS

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REVIEW | REFLECT | DEVELOP

1 ABOUT ME

Player Name:

Team / Age Group:

Position:

Date:

2 HOW I FEEL ABOUT MY GAME

	1	2	3	4	5
Confidence	1	2	3	4	5
Enjoyment	1	2	3	4	5
Motivation	1	2	3	4	5
Energy / Readiness	1	2	3	4	5

3 MY TECHNICAL GAME

	1	2	3	4	5
First Touch	1	2	3	4	5
Passing	1	2	3	4	5
Dribbling	1	2	3	4	5
Shooting	1	2	3	4	5
Receiving	1	2	3	4	5
Weak Foot	1	2	3	4	5

4 MY GAME UNDERSTANDING

	1	2	3	4	5
Positioning	1	2	3	4	5
Decision Making	1	2	3	4	5
Awareness	1	2	3	4	5
Movement	1	2	3	4	5
Defending	1	2	3	4	5
Team Role	1	2	3	4	5

5 MY MINDSET & HABITS

	1	2	3	4	5
Effort	1	2	3	4	5
Focus	1	2	3	4	5
Confidence	1	2	3	4	5
Communication	1	2	3	4	5
Teamwork	1	2	3	4	5
Coachability	1	2	3	4	5

6 WHAT I AM PROUD OF

Something I have improved or done well:

7 WHAT I WANT TO IMPROVE

The main part of my game I want to develop:

8 MY GOALS

My short-term goal:

My longer-term goal:

9 MY ACTION PLAN

What I will do in training / games:

Support I need:

RATING SCALE: 1 = Needs Support | 2 = Developing | 3 = Secure | 4 = Strong | 5 = Excellent

TFE Club Hub resources are provided as general club-development guidance and working templates. Clubs should adapt them to suit their own environment, age groups and policies.