

Pardaan

Player Self-Assessment

Let players reflect on their own game and set a goal.

Getting players to reflect on their own game builds ownership and helps them grow. Ask them to rate themselves honestly - there are no wrong answers - and to set one goal. Great to do at the start and end of a block to see how their view changes.

Player name: _____

Age group: _____

Date: _____

How to rate yourself

1 = I'm just starting out 3 = I'm okay at this 5 = this is a real strength. Be honest with yourself - it helps you and your coach know what to work on.

Area	1	2	3	4	5	Comments
My effort and attitude in training						
My teamwork - helping and encouraging others						
My technical skills (passing, control, dribbling)						
My decision-making in games						
My fitness and work-rate						
My confidence to try things						

One thing I'm proud of

One thing I want to improve, and how
