

SELF EVALUATION

NAME:

PLANING & PREPARATION

SKILLS

- FOOT & HAND
- TECHNIQUE
- UNDER PRESSURE
- DECISION MAKING
- MARKING
- BELOW KNEES
- OFF THE FOOTBALL

TESTING

- ENDURANCE
- SPEED
- AGILITY
- BODY INSURANCE/RECOVERY

DEFENSIVE SKILLS

- TACKLING
- SHEPHERDING
- SMOTHERING
- FINDING YOU OPPONENT AND KNOWING WHO HE IS.
- RUNNING HARD TO GET BEHIND THE FOOTBALL
- CHASING FROM BEHIND

BODYLINE THE BALL

- EYE ON FOOTBALL- HEAD OVER FOOTBALL
- BELOW KNEES

POSITIVE BODY LANGUAGE

- PLAYING A ROLE FOR THE TEAM
- ATTITUDE

COMMUNICATION

- 2-WAY TALKING
- COMMUNICATING AT STOPPAGES

SELECTION PROCESS

NEEDS

IMPROVING AVERAGE GOOD EXCELLENT

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