



## Fast Tracking/Player evaluation form for u7 and u8 players wishing to play at an older age group

This evaluation form has been designed to help Technical Directors or Club Head Coaches make decisions on players who wish to play at an older age group. **Please be aware this evaluation is only valid for one (1) playing season.**

**Identification Key: 1 = Below Average. 2 = Average. 3 = Good. 4 = Excels**

The individual player must regularly demonstrate the ability to **Excel** in **ALL** 4 sections

Revision Date: February 19th, 2016

Player's Name	
Player's Date of Birth	
Player's Club	
District Association	
Technical Director/Club Head Coach	

Psychological/ Mental			1	2	3	4
Self Confidence	Safe and positive environment	Player is willing to express themselves. Not afraid to make mistakes				
Competitiveness	Displaying desire to be successful	Player displays the desire to be successful in practice activities and small-sided games				
Concentration	An ability to stay on task	Player shows a good attention span and has the ability to stay on task for longer periods				
Commitment	Apply themselves at practice and completing activities	Player is happily attending the majority of practices and games. Shows ability to complete activities and exercises during practice				
Self-Control	In control of emotions	While in stressful situations, player shows they can control their emotions				
Determination	Displays a determination to complete tasks	Does to not give up easily, displays a determination to complete tasks				
Enjoyment	Shows a Love for the game	The player shows an enjoyment and love for the game of soccer				

Physical			1	2	3	4
Agility	Moving in quick controlled, movements	Jumping, hopping, skipping, twisting bounding				
Balance	Right and left foot	Demonstrate balance in a variety of positions, one foot, crouched, on toes, etc.				
Coordination	In small-sided games	Shows ability to twist and turn, change direction keeping movements with body under control				
Stamina	In small-sided games	Shows endurance and stamina in small sided game situations				
Strength	In 1v1 and small sided games	Shows strength on the ball and to not get physically pushed off the ball				
Speed	Multi directional	Player can move at speed in different directions with and without the ball				
Acceleration	In small sided games	Show a quick change of speed				
Reaction	Activities and SSGs	Player is able to react to different situations at speed				

Social/Emotional			1	2	3	4
Listening	Listen to instruction	Player shows ability to listen to details.				
Cooperation	With coach and teammates	Player is able to cooperate at a basic level with other players and coaches				
Communication	Verbal communication	Player is able to communicate with team mates and offer encouragement to others				
Sharing	Sharing the ball and ideas	Player understands that passing can help them be successful				
Problem-solving	Working out mistakes	Player displays a basic understanding of working through their mistakes and can correct them				
Decision-making	Game decisions	Has the ability to work out simple game-related decisions.				
Empathy	Assisting others in games	Assist's others with their problems in games and activities				
Patience	Patience with themselves and others	Demonstrates patience with themselves and teammates as they work through mastering techniques and skills				
Respect/Discipline		Player shows respect for other players' equipment and space.				

Technical			1	2	3	4
Dribbling the ball	Right foot and left foot under pressure	Player is now able to dribble at an opponent and can show a change of speed and direction with their head up				
Shooting the ball	Right foot and left foot	Player is able to use both feet over short distances. Shots are accurate and on target				
Running with the ball	Right foot and left Foot	Player can run with the ball using both feet in different directions and are able to vary their speed with head/eyes up				
Turning with the ball	Right foot and left foot	Using both feet, the player is able to perform turns with the inside and outside of their feet with their head/eyes up				
Receiving the ball	Right foot and left foot. Introduce thigh and chest	Player can control the ball with the inside and outside of both feet, their thigh and chest.				
Passing the ball	Right and left foot	Player is able to play the ball over short distances using both feet				

**For a player to excel they must accumulate a minimum of 80% in all areas, and cannot receive a below average score in any section.**

Additional Comments by the Technical Director/Club Head Coach:

Recommendation/Decision for the player:

Next Assessment Date:

Signature of Club Technical Director/Club Head Coach .....Date.....

Name and Signature of Parent .....Date.....

Name and Signature of Player .....Date.....

Signature of District Technical Director/Representative .....Date.....