

Athlete's Name: Example #1 Jersey #: 12

Environment: Round 1 District Play-offs Date: 11/4/20

Player Evaluation

<u>1v1 Defense</u> <ul style="list-style-type: none">You close space well but have more patience. -There are times when you're 'diving in' and you just need to keep the player in front and under control.Make sure you're looking to channel to double-teams (especially when teammates are behind you)	<u>Hit</u> <ul style="list-style-type: none">Great hit/technique -Can be easy to read with your footwork and body language (work on deception in your body language and footwork. Try not to telegraph the pass (look directly where you're passing). Look off the ball then hit to your target.
<u>Aerials</u> <ul style="list-style-type: none">Use this more especially moving the ball from the left to the right.Your aerial should be longer and flatter, less height/more distance.	<u>Push Pass</u> <ul style="list-style-type: none">Definitely another strong skill of yours. Similar to your hit, work on deception with body language, footwork and follow-through.
<u>Dribbling</u> <ul style="list-style-type: none">You do a really great job of getting your head up and have great control and speed, be sure to dribbling on stronger attacking lines (45 to the middle of the field, straight up the field or straight to goal). Sometimes you dribble laterally and it's very easy to channel/defend you.	<u>Receptions</u> <ul style="list-style-type: none">Stick angle is great, you're upright and ready for the next pass/play. Make sure you're always moving through receptions, especially in the midfield and in open space.When receiving in your defensive zone, or under direct pressure, that is an OK time to receiving stationary. Make sure you recognize space and pressure when deciding when to be more dynamic (on the move).
<u>Elimination Skills</u> <ul style="list-style-type: none">Excellent execution at speed.Make sure you're attacking on inside lines/line to goal.Keep possession if there is not a pass. *No unforced turnovers.Continue to recognize poor defense in your opponent and earn fouls, especially when in tight space or in the circle (attacking or defensive).	<u>Shooting</u> <ul style="list-style-type: none">Great work on corner strikes. Be consistent with your release (backswing and footwork go at same time.Vary your target (shot placement).

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<p><u>Off ball movement</u></p> <ul style="list-style-type: none">• You make great forward leads and overlapping runs.• Work on your understanding of how to create space for yourself to receive in by moving behind the line of the ball. Your lead doesn't always have to be forward.• Stay mobile. You tend to make one lead and if you don't get the ball, you stand still. Keep leading!	<p><u>Interceptions</u></p> <ul style="list-style-type: none">• Great closing speed on your movement to the ball.• Your head is up and you're scanning.• Be sure that you are facing the ball and the direction you want to go and/or facing forward so you can move to either side of the field.• Make sure not to panic and force the pass, maintain possession.
<p><u>Team Defense</u></p> <ul style="list-style-type: none">• You have to cover deeper and on the inside line of your teammate. You tend to set-up directly behind your teammates.• You want to keep the play on your strong side as much as possible.• Be sure to communicate strongly to teammates to force wide and away from the middle.• Your positioning should be 5-7 yards behind your teammate and off the R/L of the side they are forcing to.• Always try to set yourself up to tackle on your strong side.	<p><u>Coachability</u></p> <ul style="list-style-type: none">• Since I was not at the game, I cannot truly observe this, but I know that you are an awesome player to coach. You are receptive to feedback and work hard to make the changes. Never lose that! Always keep working to get better!!
<p><u>Comments/Recommendations</u></p> <ul style="list-style-type: none">• Clean up your possession. Don't just pass to pass. Pass because you see an open teammate in a better position to get the ball forward.• Don't just hit the ball forward. Have a target and make a good pass.• Fix your depth as the cover player. You are too high and close as the Role 2 defender. You should be at a minimum 5-7 behind the player pressuring the ball.• Fix your hip angle. You need to play (especially when in cover) with your back to the goal. This way you can approach or intercept from any angle. When you close your hips, you cannot defend or force in both directions. It limits your effectiveness and could make you easy to beat, especially to your left.• Be patient! Especially in the midfield. Engage, breakdown, drop step...then tackle. No crashing! Approach and slow her down first. Maintain at least 5 yards of engaging distance. Don't forget, in that moment, your job is not to get the ball, it is to contain it!• Work on deception with passing (both hitting and pushing). Look off the ball, move your feet in one direction and then pass the opposite direction.	