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|  GOALKEEPER’S SELF ASSESSMENT FORM |

# Please grade yourself according to the following criteria.

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| **A** | Excellent | **B** | Very Good | **C** | Good | **D** | Weakness |

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| --- | --- | --- | --- |
| Name |  | Date of Birth |  |

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| Other positions you play |  |

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| Name of Coach |  | Date of Assessment | 04/12/17 |
|  |  | Assessment 1 | 2017/2018 |

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| Circle your Grade. Remember not to be too hard or too generous on yourself and it is **your** own opinion, not that of family or friends. |

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| **Technical** | **Right Foot** | **Left Foot** |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Short Passing | A | B | C | D | A | B | C | D |
| Long Passing | A | B | C | D | A | B | C | D |
| Kicking from hands | A | B | C | D | A | B | C | D |
| Distribution from hands | A | B | C | D | A | B | C | D |
| Recycling of play | A | B | C | D | A | B | C | D |

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| Dealing with crosses | A | B | C | D |
| Shot stopping | A | B | C | D |
| Starting Positions / angles | A | B | C | D |
| Working off line | A | B | C | D |
| Balance/agility | A | B | C | D |

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| **Tactical** |

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| Understanding of systems of play and their own role | A | B | C | D |
| Understanding systems of play and the role of others | A | B | C | D |
| Positional awareness during games | A | B | C | D |
| Positional awareness of others during games | A | B | C | D |

Finally list your three greatest strengths and weaknesses as a player: -

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| **Strengths** | **Weaknesses** |
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| Signed |  | Date |  |