



# GFSC PLAYER EVALUATION



PLAYER NAME:  
EVALUATOR(S):

TEAM:

DATE:

TOPIC	RATING						COMMENTS:
	Exemplary	Advanced	Good	Needs Improvement	Poor	N/A	
Dribbling Technique and Principles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Shooting Technique and Principles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Passing Technique and Principles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Receiving Technique and Principles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Defending Technique and Tactics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Attacking Technique and Tactics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Practice Mindset and Conduct	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Game Mindset and Conduct	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Overall Rating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Suggestions for Improvement:

## GFSC Curriculum Standards

### Dribbling and Turning:

#### 1. Techniques

- Dribbling with inside and outside of foot (R/L)
- Feinting and disguising dribble
- Running with the ball using speed
- Turning with the ball (j-turn, u-turn, step-over)
- Proper shielding technique. Use of body position

#### 2. Principles

- Close control (small touches) in tight space
- Keeping head up to see development of play and possible passing angles
- Change of speed and direction

### Shooting:

#### 1. Technique

- Instep with both feet (R/L)
- Allow ball to come under the body (getting chest over the ball) for a lower shot
- One-touch shooting
- Make decision where to place ball
- Head down, eye on ball, strike with toes and ankle locked down to expose firm instep (laces) striking surface.
- Strike center of ball, follow through with head down
- Land on shooting foot

#### 2. Principles

- Accuracy before power
- Placement when possible
- Shoot low and hard to the far post

### Passing:

#### 1. Technique

- Instep drive for power and length (R/L Foot)
- Push pass for short passing
- Wall passes
- Use outside of both feet
- Pass with head down, ankle locked with toe up
- Strike ball through the center

#### 2. Principles

- No use of the toe when passing!
- Play the correct foot (front foot with pressure, back foot with space to turn)

### Receiving (often referred to as "trapping"):

#### 1. Technique

- "Soft" foot to absorb the energy of the ball to stop ball at feet
- Inside of foot (R/L)
- Focus on different surfaces (feet, thighs, chest, head)
- Always offer largest surface possible
- Get body behind the ball

#### 2. Principles

- Knees slightly bent, cushion control
- Keep ball close to control
- Taking first touch away from pressure

### Defending Technique:

- Staying goal side of ball and opponent
- Challenging for the ball, putting pressure on the attacker
- Tackling and clearing the ball
- Angle and Speed of approach
- Making play predictable
- Closing down the attacker

### Defending Tactics:

#### Individual Tactics (1v1)

- Deny opponent time and space
- Prevent shot or forward pass
- Force opponent to make a mistake

#### Small Group Tactics (2v1), (2v2), (3v3)

- Immediate pressure by nearest defender
- Support of covering players (begin with 2v1 for success)
  - Angles and distances
- Coach the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> defenders
  - 1<sup>st</sup>-Pressure and win ball if possible
  - 2<sup>nd</sup>-Cover and support
  - 3<sup>rd</sup>-Depth and balance
  - Communication

### Attacking Technique:

- Look to play a penetrating ball first if possible
- Maintain Possession
- Work off the ball to create opportunities for yourself or Teammates
- Get into good passing angles/channels

### Attacking Tactics:

#### Individual Tactics (1v1)

- Recognize the situation
- Aim to attack space behind the opponent
- Create angle for shot of forward pass

#### Small Group Tactics (2v1), (2v2), (3v3)

- Attacking space in front of ball
- Combination play (start with 2v1 for success)
  - Wall Pass
  - Overlap
  - Through Pass
  - Takeovers
- Coach the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Attackers
  - 1<sup>st</sup>-Penetration Priorities: 1. Shoot 2. Pass 3. Dribble
  - 2<sup>nd</sup>-Support and Depth
  - 3<sup>rd</sup>-Unbalance defense, mobility and width
- Team Tactics (5v5), (8v8)
  - Specific role responsibilities by thirds of the field
  - Restarts-priorities change in different areas of the field
  - Coach locally (player on ball)
  - Coach globally (team shape/movement off the ball)

### Practice Mindset/Conduct:

- Player is engaged in all activities
- Player maintains a high work rate
- Player is coachable-takes what coach/trainer recommends/presents and improves
- Player does not get distracted or distract others during sessions
- Player goes above and beyond to support teammates
- Player has an overall positive attitude

### Game mindset/conduct:

- Player is focused on the match and has prepared themselves physically and mentally.
- Player maintains a high work rate
- Player deals successfully with mistakes
- Player respects referees, coaches, and opponents
- Player supports teammates on and off field