| **Cambridge City Hockey Club**See the source image  **Player Profile 22/23** | | | | | | | | Photo | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Player Name |  | | | | | CCHC Age Group |  |
| Player Age |  | | Preferred position (if any) | |  | | |
| **Self-Assessment** | | | | **Date** | | | |  | |
| **Passing** | | Rating | **Areas for improvement** | | | | | | Average Rating |
| Pushing | |  |  | | | | | |  |
| Slapping | |  |  | | | | | |
| Hitting | |  |  | | | | | |
| **Dribbling** | | Rating | **Areas for improvement** | | | | | | Average Rating |
| V-drag | |  |  | | | | | |  |
| Weak to strong side | |  |  | | | | | |
| Rolling strong | |  |  | | | | | |
| Speed of hands | |  |  | | | | | |
| **Shooting** | | Rating | **Areas for improvement** | | | | | | Average Rating |
| Repeatable | |  |  | | | | | |  |
| Under Pressure | |  |  | | | | | |
| Reverse | |  |  | | | | | |
| Open | |  |  | | | | | |
| **Ball control** | | Rating | **Areas for improvement** | | | | | | Average Rating |
| First touch | |  |  | | | | | |  |
| Hand on stick Position | |  |  | | | | | |
| Feet position | |  |  | | | | | |
| **Defending** | | Rating | **Areas for improvement** | | | | | | Average Rating |
| Awareness/ channeling | |  |  | | | | | |  |
| Posture/Body Shape | |  |  | | | | | |
| Jab | |  |  | | | | | |
| Flat Stick | |  |  | | | | | |
| **Mental** | | Rating | **Areas for improvement** | | | | | | Average Rating |
| Spatial Awareness | |  |  | | | | | |  |
| Perform under pressure | |  |  | | | | | |
| Concentration | |  |  | | | | | |
| Work Ethic | |  |  | | | | | |
| **Mental** | | Rating | **Areas for improvement** | | | | | | Average Rating |
| Fitness | |  |  | | | | | |  |
| Agility/Speed | |  |  | | | | | |
| Coordination | |  |  | | | | | |
| Balance | |  |  | | | | | |

| **Average Overall Rating** |  |
| --- | --- |

**Instructions for self-assessment completion**

Assessment rating: 1 -2 Needs work

3-4 Good

5 Excellent

Complete by hand and scan or directly on a PC. If you can paste in a photo of the player that would be great, otherwise send it in separately.

This is a self assessment exercise - so the scores you give are those based on your own feelings. There is no right or wrong answer and the goal is to develop some self awareness about yourself and how to go about assessing your current skills and development. Nobody is all 5s – and nobody is all 1s!

Having done this exercise the coaches can look at the assessment and work with you on areas of focus for development and areas to maintain (or keep being excellent). The assessments will not be shared with other players and will be confidential between you, your parents, and your coaches. If you want to share with your team mates you can.

Tips on completion:

* Don’t spend too long on this. The relative scores are what is most useful so first rank your attributes. Don’t worry if you’re not sure what the terms mean or you want to leave one blank.
* Decide on your best areas and your weakest. These will be the highest and lowest scoring.
* Then think about the ones in between and decide which are strongest and weakest of those until you have a rough order.
* Then rate yourself against your peers if you can. For example, if you really think your spatial awareness is your top strength and is excellent compared to your peers, score yourself a 5. But if you think could do even better, maybe score a 4. If you think your jabs are your worst and need lots of work, score a 1… and so on.

***Any questions, ask your coach!***