

!
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!

! "#\$%&' ! & () * " % ' ,

!
!
!

Player name _____

Contact _____

Birthday _____

Tutor Group _____

Parent name _____

Parent phone _____

Email _____

PREFERRED POSITIONS _____

STRENGTHS	IMPROVEMENTS

!

! "#\$%&' ! & () % * ' + (, % * ' ,

PLAYER SKILL CHECKLIST

Players 11 years and over

NAME:		TEAM:	
RATING -	1 – BELOW AVERAGE	2 – AVERAGE	3 – ABOVE AVERAGE
		Ratings	Comments
BALL SKILLS			
PASSING			
CATCHING			
PASSES TO SPACE AHEAD			
GENERAL SKILLS			
BALANCE			
PIVOTING			
VISION OF COURT PLAY			
AWARENESS OF SPACE			
TEAMWORK			
DEFENDING			
INTERCEPTION			
RECOVERY			
CIRCLE DEFENCE			
SHADOW DEFENCE			
ATTACKING			
DODGING			
TIMING			
POSITIONING			
FITNESS			
SPEED			
ENDURANCE			
ELEVATION			

RECOVERY		
CONCENTRATION		
PLAY UNDER PRESSURE		
ABILITY TO READ PLAY		
<u>COMMENTS</u>		
<u>MATCHPLAY:</u>		
<u>TRAINING, ATTITUDE & BEHAVIOUR</u>		
<u>COMMENTS</u>		

SCORING & STATISTICS

OPPOSITION

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50

	Q1	Q2	Q3	Q4
GS				
GA				
OPPOSITION				
GS				
GA				

Skill Focus/Goal

- 1:
- 2:
- 3:

PLAYER	INTERCEPTS	TIPS	CPR	SCORE FROM TURNOVER	Skill Focus 1	Skill Focus 2	Skill Focus 3	

SCORE _____

BEST PLAYER _____

APPENDIX A

COACHING SESSION TEMPLATE

<p>AGE:</p> <p>TIME:</p>	<p>OUTLINE OF SESSION:</p>	<p>SESSION</p>	
<p>EQUIPMENT.</p>		<p>SKILL DEVELOPMENT</p>	
<p>GROUP ORGANISATION</p>			
<p>KNEE PROGRAM WARM-UP (10-12 MINUTES)</p>			
<p>SKILL WARM-UP</p>			

<p>SKILL DEVELOPMENT (CONTINUED)</p>	<p>MODIFIED GAME/MINOR GAME (10 MINUTES)</p>
<p>EVALUATION</p>	<p>CONCLUDING ACTIVITY (5 MINUTES)</p>

Tem



Training Diary

Team Details

It's good to have information about your team

Team Name: _____

Division: _____

Coach: _____

Manager: _____

Captain/s _____

Player List:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____