The Non-League Network

thenon-leaguenetwork.co.uk/

Player Self-Assessment

Player Details

Name:

Position:

Current Club:

Date:

My Player Profile

What type of player am I?

Describe yourself:

My biggest strengths

1.
2.
3.

Areas I need to improve

1.
2.
3.

Football Assessment

Technical Ability

Rate yourself:

⭐ ⭐ ⭐ ⭐ ⭐

What do I do well?

What do I need to improve?

Tactical Understanding

Rate yourself:

⭐ ⭐ ⭐ ⭐ ⭐

What do I do well?

What do I need to improve?

Physical Ability

Rate yourself: ⭐ ⭐ ⭐ ⭐ ⭐

Strengths:

Areas to improve:

Mental Performance

Rate yourself: ⭐ ⭐ ⭐ ⭐ ⭐

Examples:

- Confidence
- Concentration
- Resilience
- Decision making



Professional Habits

Rate yourself:

Training attitude ⭐⭐⭐⭐⭐

Preparation ⭐⭐⭐⭐⭐

Recovery ⭐⭐⭐⭐⭐

Communication ⭐⭐⭐⭐⭐

Feedback

What feedback have I received from coaches?

What feedback do I need to ask for?

My Biggest Development Area

The one thing that would improve me most:

Next Step

Use this assessment to create clear goals.

Move on to:
Player Goal Setting Worksheet