



Player Progress Report

Date: _____

Player Name: _____

Team Gender (circle one): B / G

Team Year: _____

Team Color (circle one): Orange Black White Grey

This Orange County Premier Player Progress Report is intended to provide you and with a high level update on your child's soccer development and as a tool for discussion with your child's coach. This report is not intended to be a comprehensive evaluation of your child's ability or as a substitute for individual discussions about how best to support your child's soccer development. **Progress Reports help us further our mission to foster the physical, mental and emotional growth and development of our players through soccer played at the highest levels of positive, age-appropriate training and competition.**

This Progress Report is divided into the following sections: Technical Ability, Tactical Awareness, Physical Aspects, and Coachability. A glossary of terms with details for each section is included on the last two pages.

Ratings are on a scale that includes Needs Improvement, On Target, Above Target, Exceptional. Please note that all players need development in all areas – even those areas in which they are currently exceptional. Ratings are based on your coach's observation of your child and your child's current level of competition. Ratings are not intended to determine where your child ranks amongst their teammates or all other players at their age.

Technical Ability:

(Check 1 box in each row) ☒

Skill	Needs Improvement	On Target	Above Target	Exceptional
Ball control				
Passing				
Dribbling				
Heading				
Finishing				

Tactical Awareness (This insight incorporates the anticipation, reading, and execution of certain clues that happen during possession and non-possession of the ball):

Skill	Needs Improvement	On Target	Above Target	Exceptional
In Attack				
In Defense				

Physical Aspects:

Skill	Needs Improvement	On Target	Above Target	Exceptional
Endurance				
Speed				
Agility				
Strength				

Personality Traits:

Skill	Needs Improvement	On Target	Above Target	Exceptional
Drive				
Aggressiveness				
Determination				
Responsibility				
Leadership				
Self-Confidence				
Mental Toughness				
Coachability				

Coaches Comments: _____

What can parents do to help your child improve?

This is a common question from parents and there is a wide range of options.

From a physical perspective, an examination of options begins with an inquiry as to what your child does on the days they are not training with their team. **Attending Premier's Friday Skillz sessions should be a weekly activity for all players.** Activities such as private or small group training with a Premier coach, guest training with another Premier team of similar age, or individual skill work (juggling, dribbling, running, collecting, and for older players, weight training) all contribute to a player's growth and on-field success. On "off" days, your child should be doing at least one of these activities. **You should discuss with your coach which of these activities you will commit to so that he/she can assist with a plan.**

From a mental perspective, preparing your child to play hard, focus, be coachable and respectful, be a good teammate, and reinforcing positive themes that the coach has shared, will create the mindset they need to learn and grow.

Additional Thoughts.

One of our main goals is to help our players learn to develop their skills as players, as teammates, as people, and as thinkers. Your child's progress report will not be shared by the coach with others on the team. Progress reports are not used so that players or parents compare themselves to others. Coaches will work to have each player focus on their own key competencies to improve.

To help our players grow without frustration, enhance their thinking of themselves as strong players, and staying realistic about their ability to focus, coaches will have players focus only on a few major self-improvement goals at one time.

For our players to get better, they have to put effort into getting better. If they believe their skills are fixed and not easily changed, they will have no motivation to put any effort into their own improvement. This Progress Report is designed NOT to put kids in categories, but rather to show players what they need to work on to get better. Coaches will teach the importance of giving effort to deliberate training, encourage our players to refine and speed their best skills, and improve in those areas in greatest need.

Glossary

Technical Ability. This includes ball control, passing, dribbling, heading, and finishing.

Ball Control. Ability to:

- bring a ball under control instantly and smoothly
- collect and move in a different direction without stopping the ball completely, yet still maintaining it securely
- develop the technique of receiving a pass at top speed
- not slow down to collect a ball coming on the ground, bouncing, or in the air
- protect the ball by shielding it and developing deception to get rid of opponent

Passing. Ability to:

- successfully complete short and long range passes
- incorporate all of ball skills, including heading, bending, chipping, and the ability to drive the ball to a partner
- one-touch pass

Dribbling. Ability to:

- fake, feint, burst past opponents, change directions and speed at will, and break through packed defensive lines
- exhibit quick feet, combined with a sense of comfort under pressure
- to penetrate into space to open opportunities

Heading. Ability to:

- head at goal after crosses
- heading high, wide, and deep for defensive clearances
- heading balls as a one-touch pass (both into space or to a partner's feet) to create shooting chances

Finishing. Ability to:

- use the correct technique of striking the ball in various ways; driving low balls, hitting volleys, half-volleys, half-chances, chipping, bending, heading, etc..
- finish with chest, heel, toe, and thigh
- exhibit composed aggressiveness, swift and secure decision taking at the opportune times (very aggressive and not afraid of failure)

Tactical Awareness. This insight incorporates the anticipation, reading, and execution of certain clues that happen during possession and non-possession of the ball.

In Attack. Player not in possession:

- makes themselves available for the ball
- realizes when it is crucial to offer close support and when to stay away
- recognizes the proper time to execute "take-overs" and "overlaps"

Player in possession:

- has good peripheral vision, recognizing the correct time to switch the ball to the other side of the field
- has good penetrating vision, allowing them to see and utilize players who are far down the field
- recognizes the correct time to play directly, and when it is important to hold the ball (shielding or dribbling), or when to run at top speed past players opening up passing angles for his team
- sees opportunities to play "one-twos"

In Defense. During the immediate pursuit, and desire to regain possession of the ball, the player recognizes:

- when to race forward to intercept the pass
- when to mark the opponent tight in order to discourage the ball from being passed to them (pressure)
- when, where, and how (posture) to tackle
- when to jockey the ball carrier and force them away from the goal (patience)
- the quickest avenue of attack upon regaining the ball

Physical Aspects. This includes endurance, speed, agility, and strength.

Endurance. The ability to:

- commit themselves diligently throughout the game in attack and defense with no sign of fatigue and impaired ball control
- constantly be running into open spaces demanding the ball or pulling and committing opposing players to create openings

Speed. The ability to:

- accelerate quickly and maintain that acceleration of the various lengths that player's position demands. Elements include:
 - pure straight-ahead running speed
 - lateral speed (changing direction)
 - change of speed (slow to fast, fast to half speed)
 - deceleration ("stopping on a dime")

Agility: The ability to:

- change directions quickly
- twist, turn while dribbling, readjust to control an awkwardly bouncing ball, and get up quickly after a tackle

Strength: The ability to:

- effectively use body to win physical confrontations
- strength is exhibited during:
 - tackling (1 vs. 1)
 - winning the aerial duel (heading)
 - changing directions effectively (explosion)

Personality traits. This includes drive, aggressiveness, determination, responsibility, leadership, self-confidence, mental toughness and coachability.

- Drive: Pure will power, eager to achieve goals, a burning desire to achieve success, strong self-motivation, commitment, dedication, determination
- Aggressiveness: "Go-getter", strong self-assertions, takes risks, wants to dominate opponents, works hard and ruthless in attack and defense (opposites include: bad losers, inclined to retaliation and revenge fouls, loses self-control, general lack of discipline)
- Determination: Seeks the direct way towards goal, no compromising, doesn't hesitate when making decisions, willingness, fully concentrated, success oriented
- Responsibility: Intelligent, can read the game tactically (anticipation), conscientious, reliable, wants security, cooperative, ready for compromise, stable and skillful player
- Leadership: Intelligence, dedication, pride, bears responsibility for the team, influences the environment, anticipation, intuition, independent and spontaneous, convincing and dominating player, hard worker, no surrender, composed, self-controlled, endurable, communicative, respected, trustful
- Self-Confidence: Secure ball control and determined application of skills and tactics under pressure (both external and self-imposed)
- Mental Toughness: Persistency, consistency, and commitment throughout the game, no surrender, tough self-assertion
- Coachability: Ready to learn and to achieve goals, self-motivated, attentive and receptive, willingness, interested, spontaneous, committing themselves, likes to discuss problems, hard worker, self-disciplined, creative, constructive, progressive