

Name: _____

Region: _____ Site: _____ Year: _____

Age group: (circle one) U19 U16 U14

USA Field Hockey Futures Program Goalkeeper Evaluation

A Player Evaluation is given to each Futures athlete who has met a minimum of 60% attendance at their "home" site. The evaluation is designed to provide the athlete with an overall view of her / his current understanding of the game and skill level (as compared to the top athletes in the athlete's age group U19, U16, U14). Player performance is assessed in four major categories --- Physical Skills, Technical Skills, Tactical Skills, and Mental Skills. Athletes are rated on a scale of 1-10.

| | | | | | | | | | | | |
|-------------|---|---|---|------------------|---|---|---|--|--|----------------------|----|
| Weak | | | | | | | | | | | |
| 1 | 2 | 3 | 4 | Improving | 6 | 7 | 8 | | | Skill Mastery | 10 |



Physical skills encompass stamina, explosiveness, speed, acceleration (first 5-10 yards), flexibility, quickness (reaction time), strength (overall and as it relates to goalkeeping), and agility.

Athlete's overall rating: 1 2 3 4 5

| | | | | | | | | | | | |
|------------------|---|---|---|---|---|--|--|--|--|--|--|
| | | | | | | | | | | | |
| Agility/Mobility | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Explosiveness | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Flexibility | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Speed | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Strength | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Quickness | 1 | 2 | 3 | 4 | 5 | | | | | | |

Technical Skills encompass all kicking skills, lunges, blocks, slide tackles, dives, aerials and the use of the non-dominant leg in all of the skill areas.

Athlete's overall rating: 1 2 3 4 5

| | | | | | | | | | | | |
|----------------------------|---|---|---|---|---|--|--|--|--|--|--|
| | | | | | | | | | | | |
| Aerials | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Dives | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Kicking- Saving | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Kicking- Clearing | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Lunges | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Splits | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Ambidexterity | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Standing Block | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Sliding block | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Slide tackling front stick | 1 | 2 | 3 | 4 | 5 | | | | | | |
| Slide tackling reverse | 1 | 2 | 3 | 4 | 5 | | | | | | |

