



MINNESOTA RUSH

U10 EVALUATION

PLAYER:

TEAM:

COACH:

BY THE END OF THE SEASON PLAYERS SHOULD...

*be able to complete dribbling moves at game speed,
be able to recognize moments of the game (when our team has the ball, opponent has the ball, nobody has the ball),
have a basic understanding of individual defending (get between the ball and goal).*

TECHNICAL & TACTICAL

	EXCEEDS EXPECTATIONS	COMPETENT*	NEEDS IMPROVEMENT
CAN THE PLAYER RECEIVE THE BALL WITH BOTH FEET?			
CAN THE PLAYER PASS THE BALL WITH BOTH FEET?			<input type="checkbox"/>
CAN THE PLAYER USE DRIBBLING SKILLS: INSIDE-OUTSIDE/ROLL/SWIVEL/HIP?			
CAN THE PLAYER USE TURNING SKILLS: CRUYFF/STEP OVER/Drag Push?			
CAN THE PLAYER SHOOT WITH CORRECT FORM?			
CAN THE PLAYER JUGGLE?			
CAN THE PLAYER RUN WITH THE BALL AT SPEED?			
CAN THE PLAYER PERFORM DRIBBLING SKILLS: SCISSORS/MARADONNA?			
CAN THE PLAYER PERFORM BASIC INDIVIDUAL DEFENDING SKILLS (BODY SHAPE, 1v1s)?			
DOES THE PLAYER UNDERSTAND INDIVIDUAL DEFENDING TACTICS (PRESSURING)?			
DOES THE PLAYER UNDERSTAND THE ROLE OF THE SECOND ATTACKER (SUPPORT)?			
DOES THE PLAYER UNDERSTAND THE IMPORTANCE OF MAINTAINING POSSESSION?			
DOES THE PLAYER UNDERSTAND TRANSITION MOMENTS IN THE GAME?			

	EXCEEDS EXPECTATIONS	COMPETENT*	NEEDS IMPROVEMENT
ATTITUDE			
COMMITMENT			
CONCENTRATION			
CONFIDENCE			
DESIRE			

PLAYER GOALS

COACH COMMENTS: