

Training Needs Analysis Sheet

Name		Date			Players Signature
Position		Level			
Age					

1. Go down the list and think about how important each one of those attributes is to your performance
2. Then go back and rate yourself between 1-10 against each one of those attributes – where are you now with each one of those attributes (10 is nothing more to be done)

3.

Finally highlight the critical success factors that will form the basis of your personal development programme

Components of Physical Fitness	Result	Rating	Weighting	Totals	Comments/Required
Strength			1		
Speed			1		
Agility			1		
Flexibility			1		
Endurance			1		
Technical Ability					
Good first touch - Doesn't spill ball in contact			1		
Hand-Passing - Proficient off both hands			1		
Kicking - Proficient off both feet			1		
Blocking - Can execute a perfect block			1		
Catching - Can execute overhead, body and low catch			1		
Passing -chooses the right pass for the situation			1		
Defensive Game					
Understands the principles of defence - The 3Ds of Defence			2		
Running/attacking play - Can score of either foot. Sees space and gets into good positions.Beats opponents with a variety of footwork. Can bring other attackers into the game			2		
Game understanding - Communicates clearly & accurately					
Reads the game well. Plays "heads up" . Sees plays developing. Doesn't waste support runners & doesn't get isolated on the ball			2		
Knowledge of the rules - Learns from the referees decisions. Can go to the limit without being penalised			2		
Position Specific - knows the requirements of their position			2		
Lifestyle - Exhibits the lifestyle of a high performance athlete/Good time management, diet, & lifestyle			3		
Leadership - Takes responsibility. Leads by example.			3		
Strong in crisis-Will take charge during crisis points			3		
Courage - Puts self in physically challenging positions for team			3		
Ambition - Wants to be the best he/she can be in that position					
Benchmarks the best players in the sport			3		
