



CWSC BFUT Individual Player Training IPT Canada Report Card

U8 to U18 – Cycle 1 - January to March 2011

NAME _____ AGE GROUP _____

Rating Scale (age group specific) 5-1: 5-outstanding 4-excellent 3-good 2-fair 1-needs substantial adjustment

COORDINATION and ELASTICITY – Divided into upper body and lower body.

DESCRIPTION	RATING	COMMENTS:
UPPER BODY Coordination		
LOWER BODY Coordination		
UPPER BODY Elasticity		
LOWER BODY Elasticity		

NOTES: _____

PHYSICAL ABILITY - Divided into Stamina, Speed, Agility, and Strength

DESCRIPTION	RATING	COMMENTS:
Stamina		
Speed		
Agility		
Strength		

TECHNIQUE – Divided into the following techniques of the indoor game. Rating based on both feet:

- Trapping (inside, outside, sole, and instep)
- Receiving (inside, outside, sole and instep)
- Passing (inside, Outside, and Sole)
- Shooting (direct, curve, and chip)
- Dribbling (forward, backwards, and sideways)
- Feints (half-moon, step over, Beckenbauer, scissors, double scissors, Cruyff, etc...)
- Crossing (short)
- Finishing
- Volleys (Front and side)
- Heading (offensive and defensive)

DESCRIPTION	RATING	COMMENTS:
Trapping		
Receiving		
Passing		
Shooting		
Dribbling		
Feints		
Crossing		
Finishing		
Volleys		
Heading		

Notes: _____

TACTICAL – Divided into the following tactical aspects:

- Individual Tactics – 1v1 – (Defensively and Offensively)
- Mental Speed – (Ball on the Ground, Minimize Touches, Diagonal Passes, and Switch Point of Attack)
- Individual Player Abilities – (Attack and Defend, Improvisation, Penetrate, and Vision)

DESCRIPTION	RATING	COMMENTS:
1v1 – Defensively		
1v1 – Offensively		
Ball on the Ground		
Minimize Touches		
Diagonal Passes		
Switch Point of Attack		
Attack and Defend		
Improvisation		
Penetrate		
Vision		

Notes: _____

THANK YOU FOR YOUR HARD WORK AND DEDICATION TO THE GAME.