

Athlete Skill Evaluation Checklist

Athlete Name:

Sport:

Date:

Skills Identified	Essential Skill to Evaluate		Skill Rating				
			Weak				Strong
Technical Skills							
Skill 1:	Yes	No	1	2	3	4	5
Skill 2:	Yes	No	1	2	3	4	5
Skill 3:	Yes	No	1	2	3	4	5
Skill 4:	Yes	No	1	2	3	4	5
Skill 5:	Yes	No	1	2	3	4	5
Tactical Skills							
Ability to read the situation	Yes	No	1	2	3	4	5
Knowledge of the rules	Yes	No	1	2	3	4	5
Knowledge of team strategy	Yes	No	1	2	3	4	5
Knowledge of opponents	Yes	No	1	2	3	4	5
Knowledge of self	Yes	No	1	2	3	4	5
Knowledge of tactical options	Yes	No	1	2	3	4	5
Decision making ability	Yes	No	1	2	3	4	5
Physical training skills							
Strength	Yes	No	1	2	3	4	5
Speed	Yes	No	1	2	3	4	5
Power	Yes	No	1	2	3	4	5
Endurance	Yes	No	1	2	3	4	5
Flexibility	Yes	No	1	2	3	4	5
Quickness	Yes	No	1	2	3	4	5
Balance	Yes	No	1	2	3	4	5
Agility	Yes	No	1	2	3	4	5
Mental Skills							
Emotional control – anxiety	Yes	No	1	2	3	4	5
Emotional control – anger	Yes	No	1	2	3	4	5
Self confidence	Yes	No	1	2	3	4	5
Motivation to achieve	Yes	No	1	2	3	4	5
Ability to concentrate	Yes	No	1	2	3	4	5
Communication Skills							
Sends positive messages	Yes	No	1	2	3	4	5
Sends accurate messages	Yes	No	1	2	3	4	5
Listens to messages	Yes	No	1	2	3	4	5
Understands messages	Yes	No	1	2	3	4	5
Receives constructive criticism	Yes	No	1	2	3	4	5
Receives praise and recognition	Yes	No	1	2	3	4	5
Credibility with teammates	Yes	No	1	2	3	4	5
Credibility with coaches	Yes	No	1	2	3	4	5
Character skills							
Trustworthiness	Yes	No	1	2	3	4	5
Respect	Yes	No	1	2	3	4	5
Responsibility	Yes	No	1	2	3	4	5
Fairness	Yes	No	1	2	3	4	5
Caring	Yes	No	1	2	3	4	5