



Football 5-a-side Grading Assessment Sheet (outfield players)

Athletes should be assessed in a game situation; graders may request some athletes to play further time if necessary.

Team Name: _____ **Grader:** _____

Athlete Name	No	Fitness Level	Passing	Shooting	Ball Mastery	Teamwork	Total	Level
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		

The total sum of all components is added together and a level is awarded as follows:

Level 1 athletes will fall in the range 5 to 6

Level 2 athletes will fall in the range 7 to 11

Level 3 athletes will fall in the range 12 and 16

Level 4 athletes will fall in the range 17 and 20

Athletes are awarded a level for each skill based on the following criteria:

Fitness 1:	Athlete demonstrates a high level of fitness demonstrating speed, endurance and ability to move easily on the pitch
Fitness 2:	Athlete demonstrates a moderate level of fitness but struggles to keep up with the pace of the game at times
Fitness 3:	Athlete demonstrates a relatively low level of fitness and rarely keeps up with the pace of the game
Fitness 4:	Athlete demonstrates very low level of fitness and is unable to keep with pace of game at all
Passing 1:	Athlete demonstrates very good ability to execute a pass while under pressure and chooses the correct pass to suit the situation.
Passing 2:	Athlete demonstrates good ability to pass but sometimes struggles when under pressure. May not choose the correct pass to suit the situation
Passing 3:	Athlete demonstrates moderate ability to make a pass without pressure and regularly losses possession with pressure
Passing 4:	Athlete demonstrates low ability to make a pass
Shooting 1:	Athlete demonstrates good shot selection, technique and execution under pressure.
Shooting 2:	Athlete demonstrates good shot selection, technique and execution but panics under pressure.
Shooting 3:	Athlete demonstrates limited shooting ability and technique, Athlete may shoot on sight
Shooting 4:	Athlete demonstrates very poor shooting ability and technique
Ball Mastery 1:	Athlete demonstrates excellent ball control, has the ability to combine numerous skills and take on players successfully while under pressure.
Ball Mastery 2:	Athlete demonstrates good ball control, an ability to combine numerous skills and take on players successfully but can struggle under pressure
Ball Mastery 3:	Athlete demonstrates moderate ball control and rarely combines skills and will try off load the ball as soon as possible, often without accuracy. They will often loose possession.
Ball Mastery 4:	Athlete demonstrates poor ball control and is unable to combine skills in a game situation
Defending 1:	Athlete demonstrates a high level of defending as an individual and within a team
Defending 2:	Athlete demonstrates moderate level of defending and attacking principles, but struggles under pressure
Defending 3:	Athlete demonstrates a limited level of defending or attacking principles, they are slow to react to the change in game situations
Defending 4:	Athlete demonstrates no understanding of defending or attacking principles, limited reaction to the change in game situations



Football Goalkeeper Grading Assessment Sheet

Athletes should be assessed in a game situation; graders may request some athletes to play further time if necessary.

Team Name: _____

Grader: _____

Athlete Name	No	Fitness Level	Distribution	Shot Stopping	Ball Handling	Positional Awareness	Total	Level
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4		

The total sum of all components is added together and a level is awarded as follows:

Level 1 athletes will fall in the range 5 to 6

Level 2 athletes will fall in the range 7 to 11

Level 3 athletes will fall in the range 12 and 16

Level 4 athletes will fall in the range 17 and 20

Athletes are awarded a level for each skill based on the following criteria:

Fitness 1:	Athlete demonstrates a high level of fitness demonstrating speed, endurance and ability to move easily on the pitch
Fitness 2:	Athlete demonstrates a moderate level of fitness but struggles to keep up with the pace of the game at times
Fitness 3:	Athlete demonstrates a relatively low level of fitness and rarely keeps up with the pace of the game
Fitness 4:	Athlete demonstrates very low level of fitness and is unable to keep with pace of game at all
Distribution 1:	Athlete demonstrates very good ability to distribute the ball accurately while under pressure and chooses the correct method of distribution to suit the situation.
Distribution 2:	Athlete demonstrates good ability distribute the ball accurately but sometimes struggles when under pressure. May not choose the correct method of distribution to suit the situation
Distribution 3:	Athlete demonstrates moderate ability to distribute the ball accurately without pressure and regularly losses possession with pressure
Distribution 4:	Athlete demonstrates low ability to distribute the ball accurately
Shot Stopping 1:	Athlete demonstrates excellent ability to react and save a shot at all heights, speeds and angels.
Shot Stopping 2:	Athlete demonstrates good ability to react and save the ball, they will struggle with shots at certain heights, speeds and angles
Shot Stopping 3:	Athlete demonstrates moderate ability to react and save a shot, they will struggle with shots at most heights, speeds and angles
Shot Stopping 4:	Athlete demonstrates very poor ability to react and save the shot
Ball Handling 1:	Athlete demonstrates excellent ability to catching and holding the ball coming from all heights, speeds and angles under pressure.
Ball Handling 2:	Athlete demonstrates good ability to catching and holding the ball coming from all heights, speeds and angles. They will struggle under pressure.
Ball Handling 3:	Athlete demonstrates moderate ability to catching and holding the ball. They will struggle under pressure and also struggle with balls coming from certain heights, speeds and angles.
Ball Handling 4:	Athlete demonstrates poor ability to catch and hold the ball and will struggle under pressure
Positional Awareness 1:	Athlete demonstrates excellent positional awareness when their team is attacking or defending even under pressure
Positional Awareness 2:	Athlete demonstrates good positional awareness when their team is attacking or defending, but struggles under pressure
Positional Awareness 3:	Athlete demonstrates good positional awareness when their team is defending but little positional awareness when their team is attacking. They often panic under pressure.
Positional Awareness 4:	Athlete demonstrates little knowledge of positional awareness