



# Self-Rating Match Performance Profile

Date:     /     /

Player Name: \_\_\_\_\_ Position Played: \_\_\_\_\_

Competition / Grade: \_\_\_\_\_ Opposition: \_\_\_\_\_

Pitch Condition: \_\_\_\_\_ Weather: \_\_\_\_\_

On a scale of 1 (poor) to 10 (excellent), rate yourself for each of the factors listed below.

Pass your rating sheet to your coach / selector (C) for independent rating.

Use this system as a means of targeting Performance Key Indicators (PKI's) for future improvements.

Physical Fitness	P	C	Individual Skills	P	C	Mental Skills	P	C
Nutrition / Life Style Habits			Fielding / Catching / Receiving			Set & Maintain goals		
Flexibility – Feeling of Looseness			Jab Lift / Roll Lift			Confidence		
Core Stability & Balance			Striking off Right-side			Concentration		
Strength			Striking off Left-side			Cope with pressure / setbacks		
Speed – Reaction & Acceleration			Distribution to support (Seeing & Using)			Consistency		
Max Speed			Positioning in support (offering support)			Aggression Levels		
Speed Repeatability			Tackling for / to retain possession			Pain Threshold		
Power during Contact / Tackles			Turnovers won (pressure on opponents)			Discipline / Control		
Contesting for Possession			Turnovers given away (possession lost)			Decision Making		
Ability to recover quickly			Set-piece execution – Frees, 65's, sidelines			Willingness to “Get Involved”		
Hydration status			Penalty, clashball positioning			Team Player		
			Blocking / Hooking			Acceptance of Feedback		

1	2	3	4	5	6	7	8	9	10

Poor

Average

Excellent

## Abbreviations:

**C** – Coach / Selector,

**P** – Player,

**PKI's** – Performance Key Indicators.