



## KEY PERFORMANCE INDICATORS

### DEFENDER (FULLBACK)

Name: \_\_\_\_\_

| INDICATOR  | RATING |   |                  |
|--|--------|---|------------------|
|  | VG     | G | Needs Developing |
| <b>Skill Aspects</b>   |        |   |                  |
| Decisive calling and organisation                                    |        |   |                  |
| Tackling – in open play  |        |   |                  |
| Tackling in and around circle  |        |   |                  |
| Tackling to hold up play - channelling                               |        |   |                  |
| Patience in transfer   |        |   |                  |
| Out letting urgency  |        |   |                  |
| Out letting options and cueing                                       |        |   |                  |
| Ability to give a penetrating pass                                   |        |   |                  |
| Reaction to turn and chase   |        |   |                  |
| Marking  |        |   |                  |
| Marking in circle  |        |   |                  |
| Work rate  |        |   |                  |
| Pre match preparation and post match recovery                        |        |   |                  |
| Core Basic Skills  |        |   |                  |
| <b>Fitness Aspects</b>   |        |   |                  |
| Aerobic fitness  |        |   |                  |
| Acceleration   |        |   |                  |
| Mobility   |        |   |                  |
| Strength   |        |   |                  |
| Reaction Time  |        |   |                  |
| How well did they carry out the exercises or advice given by physio? |        |   |                  |
| <b>Psychological aspects</b>   |        |   |                  |
| Handling pressure  |        |   |                  |
| Temperament  |        |   |                  |
| Concentration  |        |   |                  |
| Working with others  |        |   |                  |
| Attitude   |        |   |                  |
| Behaviour  |        |   |                  |
| <b>Preparation prior to team camp</b>                                |        |   |                  |
| How well was the conditioning program carried out?                   |        |   |                  |
| <b>Comments:-</b>  |        |   |                  |
|  |        |   |                  |

**NOTE:** Please return this report to Toowoomba Hockey Association within 2 weeks (14 days) of the completion of the Championships