



New Trier Girls Soccer Pre-Season Self Evaluation

Name _____

AS YOU FILL THIS OUT PLEASE KEEP IN MIND THAT **ONLY 7 PLAYERS** GRADUATED LAST YEAR FROM NTGS

Last Years (Spring 2020) New Trier Soccer Team _____

Did you start consistently on that team (more than 15 games)? NO GAMES

Did you take NTGS Summer School? Y / N

Did you play organized soccer in the fall? Y / N

Did you attend over ¾ (over 13 contact days) of preseason fitness? Y / N

Preferred position _____ / What position can you play? _____

Player Self Evaluation

1 = not a strength

5 = One of the Best Ever at New Trier

Frame of Reference –

Emma Weaver – 4, 4, 4, 5, 4, 3, 5, 3, 5, 5

Mia Sedgewick – 4, 3, 4, 5, 3, 4, 5, 5, 5, 5

Expectations of a Varsity player

Player Shoots well with both feet

1 2 3 4 5

Player Crosses the ball well with both feet

1 2 3 4 5

Player is able to dribble well at speed with both feet

1 2 3 4 5

Player is good out of the air (willing to head a punted ball / head a ball that is crossed –offensively and defensively)

1 2 3 4 5

Player has 1 or 2 “go to” offensive moves

1 2 3 4 5

Player can juggle the ball 40 times using all parts of their body

1 2 3 4 5

Player is aggressive (willing to tackle and go in hard on 50/50's)

1 2 3 4 5

Player has natural speed (in comparison to other players trying out)

1 2 3 4 5

Player understands the flow of play on the field (ex. spacing, movement off the ball, creation of space, on the ball and off the ball runs)

1 2 3 4 5

Player has a great attitude, works hard in practice and games.

1 2 3 4 5

Can you complete the fitness/ skill tests:

Juggle a soccer ball 35 times

Yes / No

20 x 3 push-ups

Yes / No

50 x 3 sit-ups

Yes / No

Based on the above criteria, what team do you feel you should be on in the spring.

- Please remember that we graduated only **7 seniors** from the Varsity team and **3 senior** from the JVII team last year. _____ initials
- Please remember that the players who are trying out for Varsity will players from last year's FrA/FrB/JVII/JVI + this year's incoming frosh. This means that there are 55 players + who might not have played last year + incoming frosh, who might be trying to fill those 7 spots. _____ initials

Team _____

A) Short explanation of why you feel qualified to make the above mentioned team

a. **If you say that you have worked hard explain how, but also know that as you look at the players around you – most, if not all, have worked hard.**

b. **If you say you have improved, know that everyone is a year older and potentially a year better.**

BE SPECIFIC -- WHAT SETS YOU APART?

B) What role would you expect to play on that team? (be as specific as you can)

C) Additional Comments:

Signature_____