

# How to COACH GIRLS

[www.howtocoachgirls.com](http://www.howtocoachgirls.com)

## Field Hockey Form

Player name:

Date:

Team name:

Coach:

Age group:

General comments:

**Scale:** 4 = Excellent, 3 = Very good, 2 = Good, 1 = Needs improvement

Works hard in practice:

1 2 3 4

Leads by example:

1 2 3 4

Sportsmanship:

1 2 3 4

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Team Player: 1 2 3 4

Willing to learn new skills: 1 2 3 4

Overall Fitness: 1 2 3 4

Technical Skills: 1 2 3 4

Endurance: 1 2 3 4

Speed: 1 2 3 4

Strength: 1 2 3 4

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Agility:

1 2 3 4

Anticipation:

1 2 3 4

Positioning:

1 2 3 4

Defense:

1 2 3 4