

# Player Evaluation Checklist

## Field Player Evaluation

The 29-skill framework LaceUp coaches use to rate field players every session. Print it, clip it to a clipboard, and use it at your next practice. Rate each skill 1 to 5 in the boxes (1 = needs work, 5 = ready for the next level).

29 skills total

### ON THE LACEUP PLATFORM

## What paper can't do.

- **Age-band ratings.** What "4 in Dribbling" means at U10 is defined for U10, not lumped in with U14.
- **AI development plan.** Shows what your player should work on for the next two weeks, in plain English, built from their actual scores.
- **At-home practice + drill videos.** Specific drills (and YouTube clips) for the exact skills each player needs to work on between sessions.
- **AI session plans for coaches.** After a team eval, the app suggests a focused training session built around what the team is worst at.
- **Club roll-up for Directors of Coaching.** Pull one coach aside with the data: "Your back four are bottom of the club in 1v1 defending, here's a session for it."

Plus slipping-player alerts, multi-coach view, season-long growth tracking, and family share without sign-up.

**Free to start, no card required. [laceupsoccer.com](https://laceupsoccer.com)**

### SOURCES

This framework is built on US Soccer's Player Development Framework and US Youth Soccer's Player Development Model, and informed by the United Soccer Coaches (formerly NSCAA) Competency Matrix and the England FA Four Corner Model. Age-band ratings are LaceUp's own, synthesized from these sources. LaceUp is not affiliated with or endorsed by these organizations.



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## TECHNICAL 10 SKILLS

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### Dribbling

Move with the ball using all surfaces of the foot while keeping close control, head up, and changing speed and direction.

1 2 3 4 5 notes .....

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### Ball Mastery

Comfort and confidence on the ball. Turns, feints, moves to beat defenders, and manipulating the ball in tight spaces.

1 2 3 4 5 notes .....

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### Receiving & First Touch

Control the ball with feet, thigh, chest, and head, and smoothly transition into the next action (pass, dribble, or shot).

1 2 3 4 5 notes .....

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### Short Passing

Accuracy and weight of ground passes over short distances (under 15 yards), primarily with the inside of the foot.

1 2 3 4 5 notes .....

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### Long Passing & Distribution

Accurate passes over medium and long distances (15+ yards) using instep, chip, lofted, and driven techniques.

1 2 3 4 5 notes .....

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### Shooting & Finishing

Strike the ball with power and accuracy toward goal from various distances and angles: instep drives, volleys, and placed shots.

1 2 3 4 5 notes .....

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### Heading

Use the forehead to direct the ball for passing, clearing, and finishing. Heading restrictions apply for younger age groups per US Soccer guidelines.

1 2 3 4 5 notes .....

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### Crossing & Delivery

Deliver the ball from wide areas into dangerous positions with accuracy, using driven, lofted, and early cross techniques.

1 2 3 4 5 notes .....

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## 1v1 Attacking

Take on and beat a defender using dribbling skills, changes of pace and direction, feints, and body movements.

① ② ③ ④ ⑤ notes

## 1v1 Defending

Delay, contain, and win the ball from an attacking opponent using proper body positioning, timing, and clean tackling.

① ② ③ ④ ⑤ notes

## TACTICAL 7 SKILLS

### Positioning & Spatial Awareness

Understanding of where to be on the field in relation to the ball, teammates, and opponents during all phases of play.

① ② ③ ④ ⑤ notes

### Decision Making

Read the game and choose the right action at the right time: when to pass, dribble, shoot, or support.

① ② ③ ④ ⑤ notes

### Attacking Support & Movement

Create passing options through movement off the ball, providing width and depth, and timing runs to receive.

① ② ③ ④ ⑤ notes

### Defending as a Unit

Understand defensive principles (pressure, cover, balance) and defend as part of a pair, group, or team.

① ② ③ ④ ⑤ notes

### Transition Play

Speed and effectiveness of switching between attacking and defending phases when possession changes.

① ② ③ ④ ⑤ notes

### Game Knowledge & Rules

Understand soccer rules, formations, set pieces, and strategic concepts appropriate to the player age and game format.

① ② ③ ④ ⑤ notes



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## Use of Width & Depth

Stretch the field in attack by using the full width and providing depth, and compact the field in defense.

① ② ③ ④ ⑤ notes

## PHYSICAL 4 SKILLS

### Speed & Acceleration

Running speed over short and medium distances, quick acceleration, and speed to contest for the ball.

① ② ③ ④ ⑤ notes

### Agility & Change of Direction

Change direction quickly and smoothly, including with the ball. Lateral movement, body control, and balance.

① ② ③ ④ ⑤ notes

### Endurance & Work Rate

Maintain physical output through a full training session or match without significant performance decline.

① ② ③ ④ ⑤ notes

### Balance & Coordination

General body control, balance while performing skills, and coordination of movement both with and without the ball.

① ② ③ ④ ⑤ notes

## PSYCHOLOGICAL 4 SKILLS

### Confidence & Bravery

Willingness to try skills, take on opponents, play without fear of mistakes, and express themselves on the field.

① ② ③ ④ ⑤ notes

### Focus & Concentration

Stay mentally engaged through training and games, follow instructions, and maintain attention on the task.

① ② ③ ④ ⑤ notes

### Composure Under Pressure

Remain calm and make good decisions when under physical or time pressure during games.

① ② ③ ④ ⑤ notes



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## Effort & Competitiveness

Consistent effort, desire to win the ball, willingness to compete, and determination to play hard throughout the match.

1 2 3 4 5 notes

## CHARACTER 4 SKILLS

### Work Ethic

Consistent effort and attitude in training and matches. Shows up ready to work and stays positive even during tough drills or losing situations.

1 2 3 4 5 notes

### Coachability

Willingness to listen, accept feedback, and apply coaching points. Open to trying new things even when uncomfortable.

1 2 3 4 5 notes

### Teamwork & Communication

Supports teammates through encouragement, communication, and unselfish play. Puts the team first.

1 2 3 4 5 notes

### Leadership

Takes responsibility and sets the standard through actions and words. Organizes teammates, stays accountable, and leads by example.

1 2 3 4 5 notes



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