



Dear Katie,

Here is your report.....

PLAYER: Katie Alagiozidis Y.O.B : 2014 PAC COACH : Calum

PLAYER CHARACTERISTICS: EXCELLENT = Above expectations / GOOD = Meets expectations / OK = Can be better / POOR = Below expectations

PLAYER CHARACTERISTICS	ATTITUDE <i>[Determination, Willingness, Passion]</i>	CONCENTRATION <i>[Listens, Asks & Answers Questions]</i>	INTENSITY <i>[Enthusiastic, Energy, Work Rate]</i>	COACHABILITY <i>[Respectful, Confident, Character]</i>
	Good	Excellent	Excellent	Ok

TOPIC	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	SCORE
Striking the Ball	✓	✓	✓	✓		4
Receiving (Awareness)	✓	✓		✓		3
Keeping the Ball (Evasion)	✓	✓	✓	✓		4
1v1 Defending	✓	✓	✓			3
1v1 Attacking	✓	✓	✓	✓		4
Running with the Ball	✓	✓	✓	✓		4
Proactive Defending	✓	✓	✓			3

PAC players must consistently demonstrate above tasks to gain associated level.

PAC PLAYER SCORE: 22 / 35



CRITERIA					
TOPIC	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
Striking the Ball	Passes the ball " cleanly " (firm, flat, accurate) over varying distances with both feet	Communicates before passing	Can strike the ball with different surfaces, spins and with disguise	Looks to play " killer passes " to break defensive lines.	Uses passing combinations to play through and around opposition.
Receiving (Awareness)	Creates time and space before receiving (double movements, check to space etc)	Receives with an open body shape (can see 3/4 of the field)	Communicates before receiving (verbal / non-verbal)	Show a good awareness of surroundings (scans)	Takes a positive 1st touch (into good spaces, away from a opposition).
Keeping the Ball (Evasion)	Uses both feet and different surfaces to live on the ball	Uses body to protect the ball from the defender	Changes directions & speed to evade defender (feints, disguise)	Recognises when to keep the ball or play a pass to a teammate	Can successfully escape a opponent to then make next action (pass, shot, dribble etc)
1v1 Defending	Positions self between the opponent and the goal	Applies effective pressure on the ball	Exhibits good body shape to be balanced and force the opponent one direction (side on, low, balanced)	Shows controlled aggression and timing when making a challenge at the ball (triggers)	Can consistently regain possession by tackling an opponent
1v1 Attacking	Uses both feet when attacking the opponent	Changes speed & direction or uses feints to go past the opponent	Accelerates after beating the opponent	Uses effective skill moves to go past an opponent	Can consistently go past an opponent to complete next action (pass, shot, dribble etc)
Running with the Ball	Moves quickly with the ball, whilst using both feet	Can receive in stride to continue at speed	Can effectively change direction & speed without losing control of the ball	Recognises when to travel with the ball vs passing to a teammate	Can successfully " attack the space " to complete next action (shot, cross, pass etc)
Proactive Defending	Positions self well to effectively defend as part of a group (distances)	Provides teammates cover when defending (distances)	Communicates with teammates to organise	"Wins the race" to the ball and space.	Exhibits understanding & anticipation to regain the ball



<p>Coaches Reflections: Observations and commentary from your PAC coach.</p>	<p>Player 1 had a good term and this is the comment.. Well done.</p>
<p>PAC Player Reflections: A chance for you to think about your areas of strength and areas to work on.</p>	<p><i>What do you see your strengths are?</i></p> <p><i>What are the 1 or 2 areas that you want to improve upon?</i></p>
<p>Players Development Goal: Write down 1 goal that you would like to achieve in 2026?</p>	<p><i>We suggest all PAC players (with help from a support person) consider what they would like to achieve (Goal Setting) by the end of this PAC phase 2 (December)?</i></p>
<p>Players Action Plan: How will you as a PAC player work towards achieving your development goal? What are the things you can do to help achieve your goal?</p>	<p><i>We suggest all PAC players (with help from a support person) try to add comments in this box on HOW you can work towards this goal? What types of things can you do to improve, practice, learn or try in order to make the goal a reality?</i></p>
<p>Players Role Model: Who are the players that you aspire to be? What do you like about their style?</p>	<p><i>We request all PAC players (with help from a support person) try to add comments in this box on what who they view as their role model. Maybe it is a player from your favourite team or plays your favourite position. Secondly, what is it about them that you like? What makes them your role model?</i></p>