



## Postseason Player Self-Evaluation Tool to Help Develop the Player-Coach Relationship

As discussed on Coach and Coordinator Podcast, the postseason player self-evaluation tool has various topics of discussion for the player and coach to cover following the season. This document is printed and given to each player who will be returning the following season. Seniors are given an exit interview with a different evaluation tool.

On equipment turn-in day, the players are given the questions and asked to schedule a meeting with their position coach and then the head coach. In these meetings, the assistant and head coach take notes on the form, and it will be filed to reference when needed.

The first page of the evaluation allows the player to reflect on different aspects of himself in the game and in the program. These questions serve as an effective conversation starter when coaches sit down individually with the player.

On a scale of 1-10 (10 is best), rate yourself on the following topics (Be Honest!):

1. Football preparation (playbook study, film study, etc.): Do you know the specifics of playing your position and how offense, defense, and special teams work?
2. Promoting our program: What do you do to encourage others to play, especially at the youth and junior high levels?
3. Social: Are you moderate in your behaviors and habits? Do you make good decisions off the field?
4. Attitude
5. Passion: How passionate are you about football? Could you live without it in your life?
6. Communication: Do you communicate well with coaches and teammates?
7. Punctuality: Are you on time for school, lifting, practice?
8. Teammate: How good of a teammate are you?
9. Dependability: Can your teammates and coaches count on you?
10. Rest and sleep
11. Diet
12. Toughness
13. Leadership

It is important to have all the necessary information on the player. The next page captures any updates to contact information.

|   |                  |
|---|------------------|
| Name                                      | Address          |
| Email                                     | Parent(s) names  |
| Parent(s) work number/cell number         | Parents(s) email |
| I live with ___both parents ___mom ___dad | Birthday         |

The next page gives us some baseline information on what the player is thinking about for himself in the football program as well as current physical and academic information, intentions to play other sports, and names of students outside the program interested in playing.

Positions you would like to play in 2019 (circle those that apply):

Offense: Center/Guard/Tackle/Tight End/Fullback/Tailback/Quarterback/Receiver

Defense: Tackle/End/Inside LB/Outside LB/Strong Safety/Free Safety/Cornerback

Specialty: Kick/Long Snap/Return

Special Teams: Punt/Punt Return/Kickoff/Kick Return/PAT-FG

As of today:

Clean\_\_\_ Squat\_\_\_ Bench\_\_\_ Deadlift\_\_\_ Vertical\_\_\_ 40yd\_\_\_ Ht\_\_\_ Wt\_\_\_

1. Are you planning on going to college?
2. Are you planning on playing football in college?
3. Cumulative GPA\_\_\_
4. Are you playing a winter sport (list sport)?
5. Are you planning on playing a spring sport (list sport)?
6. Do you know anyone who is thinking about playing who the coaching staff should contact? If YES, please list their name(s) below.  
Name/Grade\_\_\_\_\_

The fourth page asks the player to share some basic personal information. While the player may not write a lot in the space provided, the questions allow the coach to start to understand the player off the field and begin useful conversation for the player-coach relationship. Understanding some basics about the direction the player would like to go with his education or career, his likes and dislikes in school, and some information on his family is useful in being able to guide the player.

1. Siblings: names/ages
2. Why do you play football?
3. What is your favorite subject in school?
4. What is your least favorite subject?
5. Who is your favorite teacher?
6. Who is your least liked teacher?
7. What sports did your father/mother play?
8. What are your educational or occupational goals?
9. Do you work? Where?

The fifth page is designed to help understand the dynamics of next year's team. The graduating seniors should not be included in this list. These few questions should elicit perspective on the upcoming team. Understanding who the players like/do not like helps the staff work on team dynamics. As mentioned in the podcast, if players appear on the do-not-like list often, it should be a red flag to help with that situation.

1. List, in order, who you think our 12 best players are.
2. List, in order, the members of our team you like best.
3. List, in order, the members of our team you like least.

The final page of the questionnaire helps the coach understand the team's view of their opponents as well as what each individual values in a team and what they aspire to be as athlete. The opponent dislike list should be tallied and utilized by the staff to understand some of the emotion and psyche that may come when facing each opponent.

1. Opponent dislike list from 1 being most disliked to 10 least disliked, rank our opponents.
2. What sports teams do you admire most and why (pro/college)?
3. What athletes do you admire most and why (pro/college)?

While the self-evaluation tool stays away from the on-field aspects of technique and scheme, the questions offer plenty of opportunity for each individual coach and the head coach to understand the players under their guidance. The conversations that stem from this evaluation are helpful in developing the player-coach relationship.