

Performance Trackers

2023–24



Performance Tracker



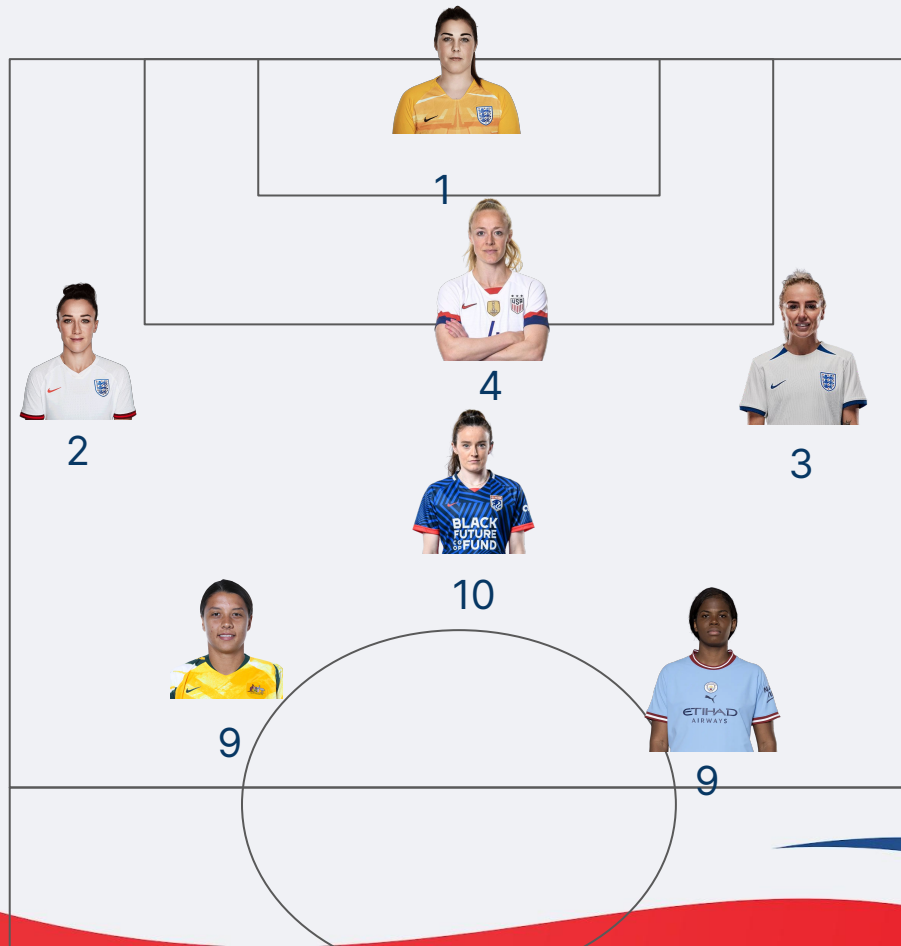
Objective: To develop and educate each players understanding of key actions within their positional roles in the 7v7, 9v9, 11v11 game.

Positional Actions: Each role within the team requires a specific skill set. We have narrowed these down to the key four actions.

Why only 4 Key Actions: The 4 key areas are the key actions for their positional role so we want them to evaluate and reflect on how they can improve in each of these areas. We want players to learn how to evaluate their performance without overwhelming them (There are more of course for each role)

Star Players: Next to each role is a STAR player in that role from the Premier League. We recommend players watch these players or players from their favorite teams to inspire them on how excel in their position.

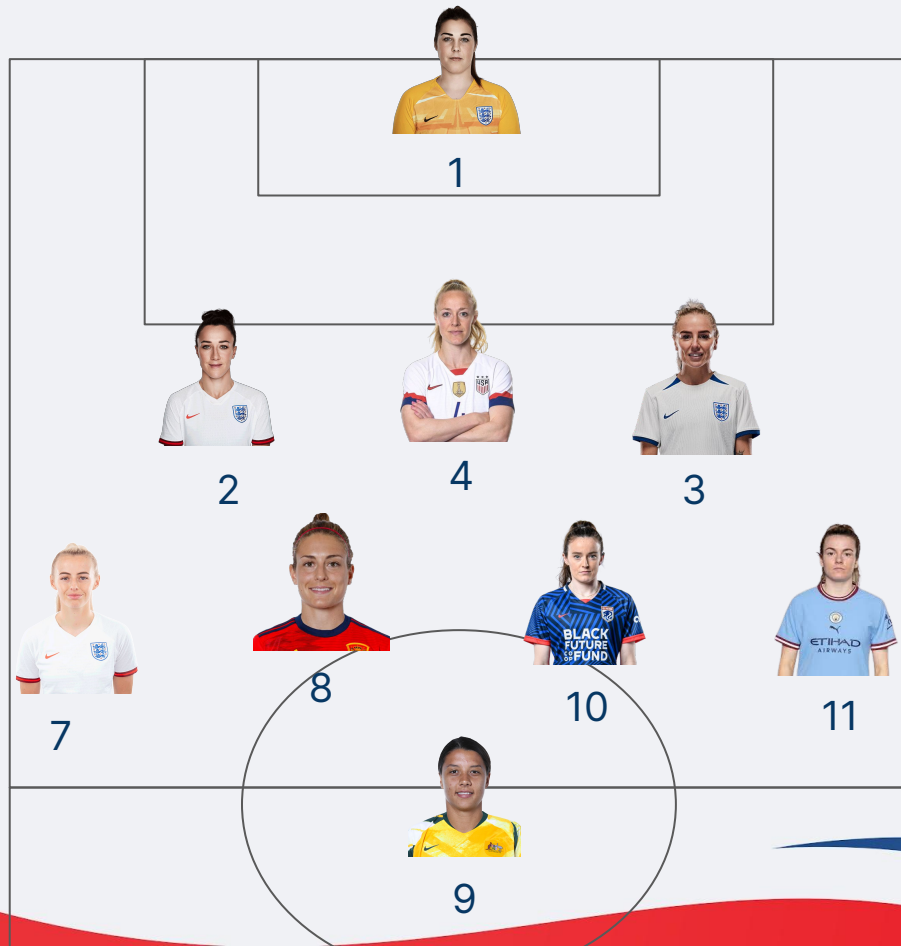
Positional Roles (#s) in a 1-3-1-2 (7v7)



Positional Roles (#s) in a 1-4-3-1 (9v9)



Positional Roles (#s) in a 1-3-4-1 (9v9)



GoalKeeper (1)



Number of saves made

Number of distributions with feet

Number of crosses saved (catch/punch)

Number of distributions with hands



*In each area evaluate and track your performance in each of these individual actions (track # of successful/unsuccessful actions and list the reason why)

Full Backs (2/3)



Number of
forward Passes

Number of
forward runs or
dribbles in
attacking half

Number of duels
- headers /
tackles

Number of
completed
passes



*In each area evaluate and track your performance in each of these individual actions (track # of successful/unsuccessful actions and list the reason why)

Center Backs (4/5)



Number of duels
- headers /
tackles

Number of
passes directly
to the FWD line
(to 9s,7,s,11s)

Number of
passes directly
into MID Line (to
6,8,10)

Number of
completed
passes



*In each area evaluate and track your performance in each of these individual actions (track # of successful/unsuccessful actions and list the reason why)

Defensive Midfielder (6)



Number of forward passes or passes to switch the point of attack

Number of duels - headers / tackles

Number of times receiving the ball between lines

Number of completed passes



*In each area evaluate and track your performance in each of these individual actions (track # of successful/unsuccessful actions and list the reason why)

Center Midfielder (8)



Number of forward passes or passes to switch the point of attack

Number of duels won - headers / tackles

Number of runs into opposition box

Number of completed passes



*In each area evaluate and track your performance in each of these individual actions (track # of successful/unsuccessful actions and list the reason why)

Attacking Midfielders (10)



Number of through balls in behind last line (Space behind opposition DEF)

Number of duels won from pressing from the front

Number of times receiving ball between lines

Number of runs into opposition box



*In each area evaluate and track your performance in each of these individual actions (track # of successful/unsuccessful actions and list the reason why)

Wingers (7/11)



Number of shots
outside /inside
of box

Number of
forward runs or
dribbles in
attacking half

Number of duels
won from
pressing from
the front

Number of
crosses



*In each area evaluate and track your performance in each of these individual actions (track # of successful/unsuccessful actions and list the reason why)

Center Forwards (9s)



Number of shots
(on target / off
target)

Number of
forward runs in
behind (diagonal
/ channels)

Number of duels
won from
pressing from
the front

Number of
completed
passes



*In each area evaluate and track your performance in each of these individual actions (track # of successful/unsuccessful actions and list the reason why)

How to complete task



- 1- Find your positional role to track your performance
- 2- Print off performance tracker sheet (page 15) and write in the 4 key actions from your position
- 3- Watch your team's game and track your successful and unsuccessful actions in each of the 4 key actions your your position and list on sheet
- 4- For the key actions moments where you believed you excelled or struggled you will list the reason why you were successful and unsuccessful.
- 5- Please see example of how to complete (page 14)

Performance Tracker (Example of #9)



Key Actions (Your Position)	Successful	UnSuccessful	Why
Number of shots on Target	On Target - xxxx	Off Target - xx	On Target - got into good positions and was composed Off Target - rushed my shot
Number of duels won from pressing from the front	Won - xx	Lost - xxx	Won - Pressed at speed and was aggressive Lost - was not side on and was easily beat
Number of forward runs	Channel - x Diagonal - xx	Channel - x Diagonal - x	Successful - Timing was good and movement was specific to what we worked on in training Unsuccessful - I missed the cues of player with the ball and was caught off-side
Number of completed passes	Successful - xxxxxx	Unsuccessful - xx	Successful - Maintain possession under pressure / created opportunities with forward passes in behind Unsuccessful - turned into CB instead of holding ball and laying off to #10

Player Name:

Position:



Key Actions (Your Position)	Successful Actions	UnSuccessful Actions	Why

Players pictured



9v9: 1-4-3-3

1 - Mary Earps

2- Lucy Bronze

4- Becky Sauerbrunn

5- Leah Williamson

3- Alex Greenwood

6- Julie Ertz

8- Alexia Putellas

10- Rose Lavelle

9-Khadija Shaw

9v9: 1-4-3-3

1 - Mary Earps

2- Lucy Bronze

4- Becky Sauerbrunn

3- Alex Greenwood

7- Chloe Kelly

8- Alexia Putellas

10- Rose Lavelle

11- Laura Hemp

9-Sam Kerr

7v7: 1-3-1-2

1 - Mary Earps

2- Lucy Bronze

4- Becky Sauerbrunn

3- Alex Greenwood

10- Rose Lavelle

9-Sam Kerr

9-Khadija Shaw