






Athlete Observation Tool

ATHLETE NAME :	ATHLETE DOB:	MATURATIONAL STATUS:	DATE OF ASSESSMENT:	NAME OF RATER & POSITION :
Athlete profile Dimensions	Description		RATING (Advanced = GREEN, Competent = AMBER, Requires Attention = RED)	Comments supporting rating
 Physicality	Do they have the required physicality? (e.g. do they have the required functional movement (e.g., balance, coordination etc.); do they have the required shoulder/thoracic/lumbopelvic posture and lower body alignment and coordination; Do they have the required lower body and core strength and power?)			
 Physiological	Do they have the required physiological capacity? (e.g. do they have the required aerobic/anaerobic capacity ? Are they coping with high intensity/repetition?)			
 Sport-Specific Skills	Do they have the required technical competencies (within training and/or competition): Competency and consistency of core technical components; potential to build and extend technical repertoire in the near future?			
	Do they have the required perceptual/cognitive competencies (within training and/or competition): Athlete's anticipatory skills and spatial awareness ; making good tactical decisions consistently.			
 High Performance Mindset	Punctuality to sessions and general attendance			
	General Attitude			
	Level of Effort in sessions/tasks			
	Coachability/receptiveness to instruction			
	Awareness and utilisation of performance strategies i.e., routines, physiological regulation, visualisation, concentration, positive self talk etc.			
	Self reflection and problem solving skills			
	Performance under Pressure			
 Wellbeing & Engagement	Coping skills and resilience (e.g. dealing with uncertainty, setbacks,disappointments etc)			
	Leadership skills and qualities			
	Communication skills			
	Key knowledge and application e.g., recovery, nutrition/hydration, warm ups/stretching, injury prevention etc.			
	Self management/organisational skills			
	Managing school/university/work commitments effectively			
	Good Sport / Life Balance			
	Contributes to positive culture within Daily Training Environment (DTE)			
Exhibits Gratitude				