



NSCAA Master Coach

Assignment:

Design an evaluation tool for your players.

Submitted By: Giovanni Pacini



"I'm a believer in "show me". If you say you're a great, skilled player, *show me*. If you're a character guy, *show me*. If you're a leader, *show me*. If the goaltender is going to make saves, *show me*. That's where I'm coming from."

~ NHL Coach Dave Lewis

"Talk doesn't cook the rice."

~Chinese proverb

To: All Lasell College Mens Soccer Players
From: Giovanni Pacini; Head Mens Soccer Coach
Date: September 1, 2008
Re: Self Evaluation

The following material is designed for all Lasell soccer players so as to conduct an ongoing personal performance evaluation. This evaluation is a tool for players to understand that overall success is often times achieved by quality work off the field and during the off season. Soccer season never really ends and everything you do in a positive fashion only contributes to our continued success.

This tool is easy to manage as it is designed to gauge your behavior and habits on a regular basis. Just record the number of times you have performed the noted activity or fill in any appropriate times, information, or results. Strength and conditioning elements can be coordinated with Brian in the weight room. Copies of completed evaluations must be turned in to me at the conclusion of the spring season.

We have enjoyed significant success since the inception of the Lasell soccer program in 1997, but there is still much work to do and higher goals in which to achieve. This is another method by which we can reach those desired goals.

Best of luck!

Coach Pacini



L A S E L L
C O L L E G E

MENS SOCCER



Lasell College Mens Soccer Player Evaluation Information

Name _____	Home Phone () _____
Address _____	Cell Phone () _____
City / Town _____	Dorm Phone () _____
State _____ Zip Code _____	Birth Date _____
Dorm Name _____	
Lasell E-Mail _____	Home E-Mail _____
Year of graduation from Lasell College _____	
Major _____ Minor _____	

List 3 goals you wish to achieve this season.

- 1) _____
- 2) _____
- 3) _____

How do you plan on achieving these goals? _____

List 3 long term goals in which you wish to achieve over the course of your 4 years at Lasell.

- 1) _____
- 2) _____
- 3) _____

What does it mean to be a champion? _____

What is success?

Required Reading

Choose any two in which to read.

"The Winner Within" By Pat Riley

"Success is a Choice" By Rick Pitino

"It's Not About the Bike" By Lance Armstrong

"Sacred Hoops" By Phil Jackson

"Winning Every Day; The Game Plan For Success" By Lou Holtz

Date Completed.

Academic Achievement

Semester I GPA

Semester II GPA

Number of Mid Term Warnings in Semester I

Number of Mid Term Warnings in Semester II

Note courses that warnings came from.

Academic Behavior

Do I sit in the first row of all my classes?

Yes

No

Am I pro-active with my professors in seeking help when struggling with a class?

Yes

No

Have I attended Athletic Academic Study Hall when my GPA has fallen below 2.0?

Yes

No

Do I regularly take part in programs offered by The Learning Center?

Yes

No

Do I devote enough time to my studies?

Yes

No

Do I attend all classes?

Yes

No

Do I regularly meet with my advisor?

Yes

No

Social Behavior

Number of times written up by an RA in Semester I.

Number of times written up by an RA in Semester II.

I have consumed alcohol during soccer season.

Yes

No

I have used drugs during soccer season.

Yes

No

I am a regular drinker throughout the school year.

Yes

No

I am a regular user of drugs.

Yes

No

I could make better choices regarding the type of people I socialize with.

Yes

No

Community Contribution

I am involved with Lasell clubs. Yes No
 If Yes, please list:

I am involved with SAAC. Yes No
 I have worked at Lasell Village with the elderly. Yes No
 I am involved with Student Government. Yes No
 If yes, in what capacity?

I have volunteered to be a mentor to young people. Yes No

Strength and Conditioning

September Cardio Test Results:	February	May
1 mile run _____	_____	_____
10y X 10y T-test _____	_____	_____
20 yard shuttle test _____	_____	_____

September Strength Test:	February	May
3 Rep Max out on Bench _____	_____	_____
3 rep Max out on Back Squats _____	_____	_____
30 second Vertical Row _____	_____	_____
60 second Crunch _____	_____	_____

Soccer Related

I participate in all strength and conditioning programs designed specifically for the soccer team.	Yes	No
I participate in all Sunday night futsal games in the gym.	Yes	No
I have followed recommendations made by the coaching staff relative to improving my technical /functional / tactical abilities.	Yes	No
I have participated in all spring season training sessions.	Yes	No
I devote time to regular weekly training opportunities either by myself or with teammates.	Yes	No
I am diligent in following the summer conditioning program and meet the required goals relative to my overall fitness.	Yes	No

