



5-PILLAR SELF-ASSESSMENT

Goalkeeper Ownership Tool | Ages 15-19

Name:

Date:

Coach: Jerimy Sanford

How to Rate Yourself (1-5)

1 — Developing

2 — Emerging

3 — Solid

4 — Strong

5 — Game-Ready

Be honest. This is your tool for owning your development — not a grade. Rate where you are TODAY.

1. TECHNICAL

Handling, diving, footwork, distribution mechanics

Skill	Rating (1-5)
Clean, secure handling under pace	
Full diving toolkit (collapse, low, high, feet)	
Distribution range & accuracy (throws + kicks)	
Efficient footwork & set position	
PILLAR AVERAGE	

2. TACTICAL

Positioning, angles, sweeper-keeper, game reading

Skill	Rating (1-5)
Angle play & arc positioning	
Sweeper-keeper — reading & defending space	
1v1 / breakaway decision-making	
Game management & tempo control	
PILLAR AVERAGE	

3. PHYSICAL

Speed, agility, explosive power, recovery

Skill	Rating (1-5)
Explosive first step & take-off power	
Agility & lateral movement	
Multiple-effort recovery (get up & go again)	
Stamina through a full session/match	
PILLAR AVERAGE	

4. MENTAL

Composure, focus, confidence, reset routines

Skill	Rating (1-5)
Composure under pressure	
Concentration across the whole session	
Reset routine after a mistake / goal	
Confidence & performance mindset	
PILLAR AVERAGE	

5. LEADERSHIP

Communication, box command, organizing the team

Skill	Rating (1-5)
Loud, early, clear communication	
Commanding the box (crosses / set pieces)	
Organizing the defensive line	
Leading by example & accountability	
PILLAR AVERAGE	

MY PILLAR SNAPSHOT

Technical	Tactical	Physical	Mental	Leadership	Overall
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Transfer each pillar average above into this snapshot for a quick picture of where you are.

MY REFLECTION

My biggest strength right now is...

The one area I most need to improve is...

MY MEASURABLE GOAL (for the next block)

Make it specific and measurable — something you can track. Example: "Complete 8 of 10 distributions to a teammate's feet under pressure."

How I will measure it:	Target date to review:
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COACH JERIMY'S NOTES

Strength I see:

Focus area for you:

Agreed measurable goal:

Next-step / college-pathway note: