



**MICOACH**  
PITCHVISION ACADEMY  
PLAYER SKILL SHEET

This sheet is designed to allow cricketer to assess their current skill strengths and weaknesses and work towards their goals. For more details on how to use this sheet as part of a goal setting programme please visit <http://www.pitchvision.com/the-complete-guide-turning-your-cricket-dreams-into-reality/> and <http://www.pitchvision.com/cricketer-skills-assessment-free-skills-sheet/>

Name

Date

Main discipline(s)

Skill	Assessment	Score	Strong/Needs Work	Target Score
Speed				
Agility				
Core Strength				
Endurance				
Concentration				
Dealing with Stress				
Motivation				
Tactical Awareness				

