Field Player Personality and Playing Profile

Player questionnaire

Tell us what you enjoy, how you usually respond, and which jobs on the field interest you. Your answers will help you and your coach choose positions to explore and ways to help you learn.

Before you begin

Allow about 20 to 25 minutes. You can complete this in two short parts. An adult may read a question or explain a word, but the answers should be yours. There are no best personality answers.

Use everyday life for Part A and recent soccer experiences for Part B. You can leave a question blank if you do not understand it. Every field player keeps learning to attack and defend.

Player name and date

_____

Club or team and age group

_____

Game format [ ] 7v7 [ ] 9v9 [ ] 11v11 Preferred foot [ ] Left [ ] Right [ ] Both

Your experience and interests

For each role, tick P if you have played it, E if you enjoy it, and T if you want to try it. You may tick several roles.

Center back	P [ ]	E [ ]	T [ ]
Fullback or wingback	P [ ]	E [ ]	T [ ]
Holding midfielder	P [ ]	E [ ]	T [ ]
Central midfielder	P [ ]	E [ ]	T [ ]
Attacking midfielder	P [ ]	E [ ]	T [ ]
Winger or wide forward	P [ ]	E [ ]	T [ ]
Center forward	P [ ]	E [ ]	T [ ]

One position you especially want a chance to try and why

_____

Your coach will discuss your answers with you. Position suggestions are starting points for playing and learning together.

Part A Your personality

Think about how you generally are at home, at school, with friends, and in sport. Choose the answer that sounds most like you now.

1 = Not like me 2 = A little like me 3 = Somewhat like me
4 = Mostly like me 5 = Very much like me

P01 I start conversations with people I do not know well.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P02 I notice when someone feels left out.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P03 I finish jobs I have agreed to do.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P04 Small problems can leave me upset for a while.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P05 I enjoy finding more than one way to solve a problem.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P06 In a group, I usually let other people do the talking.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P07 I sometimes miss how my actions affect other people.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P08 I need reminders to finish jobs I have agreed to do.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P09 After something goes wrong, I feel calm again fairly soon.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P10 I prefer familiar ideas to new ones.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

These are original Project Eleven reflection questions. Your coach will use your answers to start a conversation about what helps you learn.

Part A Your personality continued

Think about how you generally are at home, at school, with friends, and in sport. Choose the answer that sounds most like you now.

1 = Not like me 2 = A little like me 3 = Somewhat like me
4 = Mostly like me 5 = Very much like me

P11 I feel comfortable sharing an idea with a group.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P12 I try to understand how another person feels.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P13 I check that I have what I need before I begin.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P14 My feelings can change quickly when things go wrong.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P15 I like asking questions about things I do not understand.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P16 I prefer listening to speaking when I join a group.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P17 When I am frustrated, I forget to think about other people's feelings.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P18 I leave tasks unfinished when something else catches my attention.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P19 One mistake usually does not upset me for very long.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

P20 I would rather use a method I know than explore a different one.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

These are original Project Eleven reflection questions. Your coach will use your answers to start a conversation about what helps you learn.

Part B Your playing preferences

Both choices can help a team. Imagine your coach allows either option and both could work. Choose the job or action you tend to enjoy first. Your best decision in a match still depends on the situation.

1 = Left choice 2 = Mostly left 3 = Both or depends
4 = Mostly right 5 = Right choice

F01 If I could choose my main job for part of a match, I would rather

1 stop the other team scoring | 5 help create our scoring chances

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

F02 When two options look equally useful, I enjoy

1 passing and moving to help again | 5 carrying the ball past an opponent

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

F03 When my coach lets me choose where to start, I prefer

1 the middle of the field | 5 a wide area near the touchline

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

F04 When a teammate looks forward with the ball, I would rather

1 show where I can receive to my feet | 5 run beyond an opponent into forward space

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

F05 The part of the game I would choose to work on first is

1 creating scoring chances | 5 stopping opponents creating chances

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

F06 When either option could help the team, I prefer

1 dribbling past a defender | 5 combining passes with a teammate

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

F07 If both jobs are available, I would rather

1 play along the outside of the field | 5 connect play through the middle

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

F08 When the passer can play either ball safely, I prefer to

1 run onto a pass beyond a defender | 5 move to receive a pass to my feet

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

A preference describes something you enjoy. Your coach will also look at what you can do, what you want to learn, and the team situation.

Part B Your playing preferences continued

Both choices can help a team. Imagine your coach allows either option and both could work. Choose the job or action you tend to enjoy first. Your best decision in a match still depends on the situation.

1 = Left choice 2 = Mostly left 3 = Both or depends
4 = Mostly right 5 = Right choice

F09 A job I enjoy doing for the team is

1 covering space behind teammates | 5 finding spaces that help us create chances

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

F10 When I help us move up the field, I especially enjoy

1 finding a teammate and supporting the next pass | 5 taking the ball into space myself

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

F11 When we have the ball, I most enjoy

1 working in the middle with players around me | 5 working in wide areas near the touchline

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

F12 A type of pass I enjoy receiving is

1 one played to my feet so I can control it | 5 one played into space beyond an opponent

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

F13 A team job I would choose is

1 getting into positions that help us score | 5 guarding space that stops a counterattack

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

F14 When I can choose either way to move us forward, I prefer

1 taking an opponent on with the ball | 5 using a combination of passes

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

F15 I feel most comfortable starting

1 wide and close to the touchline | 5 centrally, with players on different sides of me

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

F16 When a teammate can choose either pass, I prefer to

1 make a run beyond an opponent | 5 find a gap where I can receive to my feet

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

A preference describes something you enjoy. Your coach will also look at what you can do, what you want to learn, and the team situation.

Part C Read the game and reflect

Write short answers or talk these through with your coach. Explain what you notice and why you would choose an action.

S1 Receiving under pressure

You are in central midfield, attacking toward the other team's goal. Your center back is passing forward to you. An opponent is closing from your right. A teammate is free to your left, and the forward ahead of you is marked.

What would you check before the ball arrives?

_____

_____

What are two possible actions and what would help you choose?

_____

_____

S2 Losing the ball out wide

You are attacking out wide. A pass comes from your central midfielder. An opponent is between you and the other team's goal. Your fullback is available behind you. A heavy first touch lets the opponent win the ball.

What would you do next and what would you check?

_____

_____

What helps you feel ready to ask for the ball again?

_____

_____

Tell your coach

One thing you enjoy doing for the team

_____

One thing you want to improve and how your coach can help

_____