William K. Thierfelder, Ed.D., ACSM, CSCS — **ProSportDoc Sports Performance Retainer Program ©**

PERFORMANCE ASSESSMENT Date _ _ / _ _ / _ _ Total # of Plays = ____ Total # Passes Thrown / Caught = ___/___ Practice ☐ Game ☐ Opponent: _____

OFFENSIVE ASSIGNMENT	# of missed assignments _____ divided by total # of assign _____ equals % of missed assign _____%	List all missed assignments: Play Name = _____ Assignment = _____ Context = _____ Play Name = _____ Assignment = _____ Context = _____ Play Name = _____ Assignment = _____ Context = _____ Play Name = _____ Assignment = _____ Context = _____ Play Name = _____ Assignment = _____ Context = _____			
DEFENSIVE READ	# of missed reads (<4) _____ divided by total # of plays _____ equals % of missed reads _____%	Speed of Read (mark ● along line for each play): 1----------2----------3----------4----------5 none / knew by end of route / knew during route / knew by the snap / knew at huddle/to line	Accuracy of Read (mark ● along line for each play): 1----------2----------3----------4----------5 none / zone/man general / immediate defender only / all def. assign. in detail / all + def. execution	Comment on all plays rated <4 (i.e., specific play, your assignment ,etc.): *use the back side of this page if necessary*	
RELEASE FROM THE LINE *[use tally sticks above the symbol to indicate total number of occurrences]*	Release speed (mark ●=slap / **X**=rip / ✓=bull / ✞=spin / ⇩=swim / ✯=fake) 1----------2----------3----------4----------5 stopped / delayed off + wrong direct / delayed off / no delay / no delay + uncoverable	# of missed inside (<4) _____ divided by total # of assign _____ equals % of missed inside _____% # of missed outside (<4) _____ divided by total # of assign _____ equals % of missed outside _____%	Comment on all assignments rated <4 (i.e., specific play, your assignment, type tech used swim, slap, rip ,etc.): *use the back side of this page if necessary*		
CHANGE DIRECTION *[use tally sticks above the symbol to indicate total number of occurrences]*	Cut performance; mark ●=left / **X**=rght **and** ✓=out / ✞=in / ⇩=slnt / ✯=cmbck 1----------2----------3----------4----------5 soft + slow / rounded or slow + no head / good position but slow cut / good position fast / very sharp + gapped def.	# of direction changes rated <4?	Comment on all cuts rated <4 (i.e., specific play, your assignment, left, right, comeback, head slow, plant wide, too much knee bend, etc.): *use the back side of this page if necessary*		
CHANGE SPEED	Appropriate speed changes during route; mark ● along line for each route): 1----------2----------3----------4----------5 none / little change or wrong speed / average + tight coverage / deceptive + open by 1/2 step / completely open >1step	# of speed changes rated <4?	Comment on all speed changes rated <4 (i.e., specific play, your assignment, too slow, in and out of cut at same speed, etc.): *use the back side of this page if necessary*		
ACCURACY / SPEED OF FOCUS SHIFT	Appropriate shifts of focus during route (mark ● along line for each route): 1----------2----------3----------4----------5 none / specific defender only / secondary + specific defender / all def. + ball / all def+QB +ball in hands	# of focus shifts rated <4?	Comment on focus shifts rated <4 (i.e., specific play, your assignment, detail what you did focus on, how well you saw it , how fast, etc.): *use the back side of this page if necessary*		
RECEPTIONS	Comment on every reception (i.e., specific play, your assignment, defense, defender position, ball location, etc.) ☐ # of receptions? *use the back side of this page if necessary*	Comment on every ball dropped (i.e., specific play, your assignment, defense, defender position, ball location, etc.) ☐ # of drops? *use the back side of this page if necessary*			
TOTAL YARDS GAINED / YARDS AFTER RECEPTION	Total yards gained _____ divided by Total # receptions _____ = _____	Comment on each reception: yards after _____ yards after_____ yards after _____ yards after _____ yards after _____ yards after _____ yards after _____			
POSSESSION	# of fumbles _____	List every fumble (i.e., specific play, your assignment, defense, defender position, ball location, detail how, etc.)			
INTERCEPTIONS AGAINST	# of interceptions against _____	List every ball intercepted (i.e., specific play, your assignment, defense, defender position, ball location, etc.)			
BLOCKING EFFECTIVENESS	Blocking assignment planned and spontaneous (mark along line for each <4): 1----------2----------3----------4----------5 defender made tackle / defender assists tackle / defender got free / defender delayed no play / defender full stop	# of blocks rated <4?	Comment on blocks rated <4 (i.e., specific play, your assignment, defense, specific defender S / LB / CB, inside, outside, etc.): *use the back side of this page if necessary*		