

Davis AYSO Adult Soccer

Player Self-Rating Scale

Davis AYSO Adult Soccer wants to ensure that teams are balanced so that games are competitive. Please rate yourself using a scale of 1-5 as described in the table below to help us form balanced teams. If you are having trouble deciding between two ratings, you may rate yourself in increments of 0.5 (e.g., 3.5 for a player with above-average skill and knowledge deciding between ratings of 3 and 4). Include the following elements as you determine your rating:

Offense: Ball control, dribbling, passing, assisting, and scoring

Defense: Channeling, tackling, delay, passing and clearing the ball

Rating	Description
5	I am usually the most-skilled player on the field; I am a dominant attacker, defender, or both; I have extensive experience with competitive soccer; I have extensive knowledge of game strategy and the laws of the game
4	I am one of the more-skilled players in most games; I do not often lose the ball and am a highly-effective attacker or defender; I have extensive experience with soccer; I have extensive knowledge of game strategy and the laws of the game
3	I am an average player; I pass, attack and defend effectively; I have significant experience with soccer; I have significant knowledge of game strategy and the laws of the game
2	I enjoy soccer but have minor physical or skill limitations; I contribute to the team; I have some experience with soccer; I have some knowledge of game strategy and the laws of the game
1	I am new to soccer and want to learn the beautiful game or I have experience with soccer but have significant physical or skill limitations that impact my ability to play or contribute to the game