

Melchor Coaching - 5 Fundamentals Assessment Sheet

Built on the Melchor Individual Player Curriculum (MIPC)

Player Name: Player X

Date: 7-3-25 Coach: Martin Melchor

Final Fundamentals Score Breakdown:

Ball Control Level: 3 / 5 (Emerging to Fundamentally Sound)

Dribbling Level: 5 / 5 (Emerging to Fundamentally Sound)

Passing Level: 1 / 5 (Emerging to Fundamentally Sound)

Shooting Level: 1 / 5 (Emerging to Fundamentally Sound)

Heading (Ages 11 and up) Level: 3 / 5 (Emerging to Fundamentally Sound)

Overall Fundamentals Score: 3 / 5

Melchor Coaching Skill Level Descriptions:

Level 1 - Emerging: Just starting to develop the skill. Inconsistent or limited control.

Level 2 - Developing: Basic consistency, but frequent mistakes or lack of control.

Level 3 - Competent: Skill is functional with moderate consistency, but still needs refinement.

Level 4 - Refined: High control and minimal mistakes. Shows deliberate execution under pressure.

Level 5 - Fundamentally Sound: Nearly perfect. Demonstrates mastery with consistency, control, and precision.

Coach Notes & Recommendations:

Dribbling is definitely his strongest attribute at the moment, followed by ball control and heading. I think he has power in his shots but right now there is no real direction. We will spend more time specifically with Ball Control (Juggling) and Shooting (Into corners) and everything with his weak foot. My biggest advice for him is to spend a 2-3 days isolating these activities. For example: It's better for him to spend 15 minutes passing or shooting at a small target over and over again then it is for him to play multiple games a week. Why? Think about the difference in reps between 15 minutes of passing or shooting compared to how many times he touches the ball in a game or even team practice. We'll test again at the end of the month.

Player Reflection (What I did well, What I will work on next):