

Boxing BC

Athlete Assessment

Athlete's Name:	Opponent's Name:
Event/Location/Date:	<p>For each of the performance factors please assess each athlete from 1-5 (Use Scoring Guidelines)</p> <p>A score of 5 indicates the athlete is at a National Gold Medal standard</p> <p>A score of 3 indicates the athlete meets the minimal expectations for Provincial standards</p> <p>A score of 1 indicates the athlete does not meet High Performance standards</p>

PERFORMANCE FACTORS	Identify Gaps/Actions and Next steps
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Technical Skills	Score	Comments
Footwork - (Direction, Range , Speed of movement, Pivot)		
Offence Action - (Jab, Staight Punches, Combination, Body Punches)		
Defence Action - (Head movement, Slip, Weave, Parry, Cover up, Clinch)		
Counterpunching - (Ability to use defensive to create offence)		
Boxing Mechanics - (Positioning, Body angle, Stance, Delivery and recovery of punches)		
Tactical Assessment <i>(e.g Skills, Awereness in Attack, in Defense, etc.)</i>	Score	Comments
Effective tactics for different opponents - (Adaptability, distance against short opponents, inside against tall ones, southpaws, etc)		
Scoring Tactics - (Boxing with judge positioning and criteria in mind)		
Other Factors	Score	Comments
Physical Fitness		
Tenacity/Grit (Ability to impose your "Rhythm" on the fight)		
Sportsmanship		

Total Score = x / 500

Additional Comments (Winner, Overall Impression / Fight Synopsis)
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