

# Amateur Boxer Technical Evaluation Sheet

## Boxer Details

Name

Club

Coach

Date

Weight Category

## Technical Evaluation

Criteria	Score (1-5)	Comments
Stance & Guard		
Footwork & Balance		
Jab		
Cross		
Hooks		
Uppercuts		
Defense (Blocks/Slips)		
Head Movement		
Counter Attacks		

Combination Punching	<div></div>	<div></div>
Ring Generalship	<div></div>	<div></div>

Strengths

Areas for Improvement

Coach Evaluation Notes

Coach Signature

Date