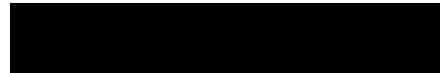


Self-Assessment Form



Player Information		Experience
_____ First Name	_____ Last Name	
_____ Age	_____ Grade	
_____ Height	_____ Weight	

Evaluation

Mark rating for each category (1 = needs improvement; 5 = outstanding).

Shooting	① ② ③ ④ ⑤
<input type="checkbox"/> Lay-up*	
<input type="checkbox"/> Mechanics & Arc*	
<input type="checkbox"/> 2-point range	
<input type="checkbox"/> 3-point range	
<input type="checkbox"/> Catch & shoot	
<input type="checkbox"/> Shoot off dribble	
<input type="checkbox"/> Use of weak hand	

Dribbling	① ② ③ ④ ⑤
<input type="checkbox"/> Maintains control *	
<input type="checkbox"/> Sees the court *	
<input type="checkbox"/> Goes both ways	
<input type="checkbox"/> Handles pressure	
<input type="checkbox"/> Speed	
<input type="checkbox"/> Dribbles with purpose	
<input type="checkbox"/> Penetrates to hoop	

Passing	① ② ③ ④ ⑤
<input type="checkbox"/> Timing*	
<input type="checkbox"/> Catching *	
<input type="checkbox"/> Avoids turnovers	
<input type="checkbox"/> 2 handed	
<input type="checkbox"/> 1 handed	
<input type="checkbox"/> Bounce pass	
<input type="checkbox"/> Overhead	

Defense	① ② ③ ④ ⑤
<input type="checkbox"/> Position*	
<input type="checkbox"/> Transition*	
<input type="checkbox"/> Stance	
<input type="checkbox"/> On ball	
<input type="checkbox"/> Off ball	
<input type="checkbox"/> Closes out	
<input type="checkbox"/> Help	
<input type="checkbox"/> Recover to man	

Rebounding	① ② ③ ④ ⑤
<input type="checkbox"/> Anticipates *	
<input type="checkbox"/> Goes for the ball*	
<input type="checkbox"/> Boxes out	
<input type="checkbox"/> Finds the right spot	
<input type="checkbox"/> Protects/chins the ball	

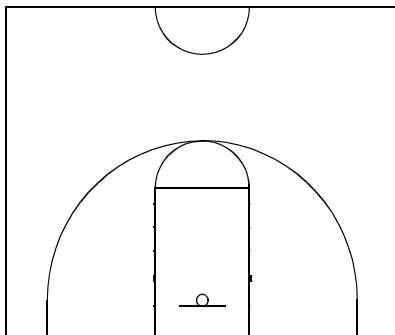
Athletic Ability	① ② ③ ④ ⑤
<input type="checkbox"/> Speed	
<input type="checkbox"/> Quickness	
<input type="checkbox"/> Stamina	
<input type="checkbox"/> Coordination	

Game Play	① ② ③ ④ ⑤
<input type="checkbox"/> Court Sense	
<input type="checkbox"/> Team play / assists*	
<input type="checkbox"/> Vision*	
<input type="checkbox"/> Anticipation*	

Coachability	① ② ③ ④ ⑤
<input type="checkbox"/> Grounded Mentality	
<input type="checkbox"/> Accepts criticism	
<input type="checkbox"/> Focus	
<input type="checkbox"/> Interaction with teammates	
<input type="checkbox"/> Team play	
<input type="checkbox"/> Work ethic	

Overall Strengths*	① ② ③ ④ ⑤
<input type="checkbox"/> Defense	
<input type="checkbox"/> Dribbling	
<input type="checkbox"/> Passing	
<input type="checkbox"/> Rebounding	
<input type="checkbox"/> Shooting	
<input type="checkbox"/> Court sense	

* check all that apply



Comments / Recommendations

- ← Place an "O" where player would be most successful on offense.
- ← Place an "X" where player would be most successful on defense.

Player Number

Rating scale: ① Needs improvement ② Below average ③ Average ④ Above average ⑤ Outstanding