

Name: _____ Date: _____

Rate yourself from 1 to 10 on each area. 1 being low, 5 is average and 10 being high. If it does not apply put NA. If you do not understand the term put a ? mark.

Footwork	_____	Running	_____
Stopping	_____	Pivoting	_____
Passing	_____	Defensive stance and footwork	_____
a) to the post	_____	Defending the dribbler	_____
b) vs. pressure	_____	Close outs	_____
c) using fakes	_____	Forcing baseline	_____
Dribbling	_____	Box outs	_____
a) right hand	_____	Ball side defense	_____
b) left hand	_____	a) denying entry pass	_____
c) vs pressure	_____	b) help recover	_____
Foul shots	_____		

Skills

Help side defense			
Shooting		a) help	_____
a) off the pass	_____	b) go	_____
b) off the dribble	_____	c) circle the post	_____
c) 3 pt shot	_____	Post defense	
One on one	_____	a) early hit	_____
Lay Ups		b) positioning	_____
a) right	_____	Defending screens	
b) left	_____	a) short cut	_____
Attacking zones	_____	b) caboose	_____
Fast break	_____	c) muscle	_____
Attacking pressure	_____	Pressure defense	_____
Setting Screens	_____	Transition defense	_____
Reading Screens	_____	Time and score situations	_____

Average score _____

Game preparation

Use of individual visualization	_____	Use of team visualization	_____
Use of cue words	_____	Use of a pre-competition plan	_____
Follow your pre-competition plan	_____	Use of a game plan	_____
Use of a game plan	_____	Use of positive self talk	_____
Handle nervousness	_____	Review play book	_____
Appropriate arousal level	_____	Peaking physically	_____

Average score _____

Physical prep

Proper amount of rest	_____	Nutrition	
Individual warm up	_____	a) pre game meal	_____

Stretching _____
 Team warm up _____
 Strength training _____
 Running program _____

b) snacks _____
 c) post game meal _____
 Proper amount of fluids _____

Average score _____

Mental Skills

Goal setting

a) individual short term _____
 b) individual long term _____
 c) team goals _____
 d) evaluate goals _____

Concentration _____
 Focus in the here and now _____
 Parking a mistake / distraction _____
 Handling distractions _____
 Dealing with losing _____
 Dealing with winning _____
 Reframing _____
 Refocusing _____

Relaxation

Narrow concentration in games _____
 Killing the monster or mistakes _____
 Outside interferences _____
 Dealing with frustration _____
 Use of personal time outs _____
 Positive body language _____
 Positive self talk _____
 No seeing the beach _____
 Dealing with playing poorly _____
 Thought stopping _____
 Knowing the right excitement level _____
 Talking _____

Average score _____

Misc.

Time management _____
 Commitment to the program _____
 Desire to excel _____
 Communication with _____
 a) coaches _____
 b) teammates _____
 Being coachable _____
 Care for others and show it _____
 Respect for opponent _____

Being on time _____
 Being positive with teammates _____
 Aggressiveness _____
 Willingness to train on your own _____
 a) skills _____
 b) strength _____
 c) running _____
 Academics _____
 Debrief a) after practice _____
 b) games _____

Average score _____

5 greatest strengths

5 areas in which I must improve

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____