

PLAYER SELF EVALUATION

The most constructive evaluation you can get is usually from yourself. Don't be afraid to rate your own strengths and weaknesses. You may find this an effective way of measuring which areas you are improving upon and which areas you need to improve. Do an evaluation about once a month. Most importantly, be honest with yourself and this evaluation will be helpful to you.

RATING SCALE

- | | |
|------------------|--|
| 1. Excellent | Add each column to give you an overall score and then divide that score by number of areas in that section to help determine your general strengths and weaknesses. (<i>Example see Physical ability</i>). |
| 2. Good | |
| 3. Average | |
| 4. Below Average | |
| 5. Poor | |

Self Evaluation

Date _____

Defense

Stance _____
 Footwork _____
 Effort _____
 On the ball _____
 Off the ball _____
 Overall _____

Ball Handling

Passing _____
 Dribbling _____
 Catching _____
 Faking _____
 Seeing the _____
 whole floor _____
 Overall _____

Shooting

Form _____
 Free Throws _____
 Off dribble _____
 Off pass _____
 Shot selection _____
 Overall _____

Offense

Screening _____
 Without the ball _____
 Reading the _____
 Defense _____
 Finishing _____
 Playing Team _____
 Offense _____
 Overall _____

Physical Ability

Weight _____ 3
 Strength _____ 4
 Jumping _____ 2
 Speed/
 Quicks _____ 1
 Endurance _____ 3
 Overall _____ 13/5 = 2.6

Rebounding

Blocking out _____
 Aggressiveness _____
 Outlets _____
 Tipping _____
 Offensive _____
 Overall _____

Personality/Character

Attitude toward self _____
 Attitude toward others _____
 Desire to excel _____
 Responsibility _____
 Coachability _____
 Willingness to _____
 accept criticism _____
 Overall _____