



## PLAYER SELF-EVALUATION

Please complete and bring your self-Evaluation to the first trial.

Grading Scale: 1 = Proficient/High effort 2 = High effort/skill improvement 3 = Not aware of what is required.

Selector/Coach is to complete evaluation after each selection trial. And provide feedback to the player at the end of trials.

Player Name (*please print*) \_\_\_\_\_ Date \_\_\_\_\_

### DEFENCE PROFICIENCIES:

#### Player

#### Coach

#### 1. Ball Pressure

a.) Spear hand distance to the ball	1	2	3	1	2	3
b.) Able to defend 2 dribbles without getting beat or fouling	1	2	3	1	2	3
c.) Apply "Dead" pressure on the used dribble	1	2	3	1	2	3
d.) Sprints to position	1	2	3	1	2	3
e.) Apply denial on the "Dead" Command.	1	2	3	1	2	3
f.) Low post denial (engages the foot war)	1	2	3	1	2	3

#### 2. Communication

a.) "Ball" on closeout	1	2	3	1	2	3
b.) "Help" to the player above and beside	1	2	3	1	2	3
c.) "Dead" on the used dribble	1	2	3	1	2	3
d.) "Shot"	1	2	3	1	2	3
e.) "Go" or "Switch"	1	2	3	1	2	3
f.) "Trap"	1	2	3	1	2	3
g.) Quick response to verbal command	1	2	3	1	2	3

**3. Rotation (Sprint to position on the flight of the ball)****Player****Coach**

a.) Low and High hole positioning	1	2	3	1	2	3
b.) Stops dribble penetration by the 2 <sup>nd</sup> bounce	1	2	3	1	2	3
c.) Jumps to the direction of the pass	1	2	3	1	2	3

**4. Rebounding**

a.) Block out shooter	1	2	3	1	2	3
b.) Block out from denial stance	1	2	3	1	2	3
c.) Block out from point stance.	1	2	3	1	2	3
d.) Chins the rebound	1	2	3	1	2	3
e.) Quick outlet pass	1	2	3	1	2	3

**OFFENSE:****1. Shooting**

a.) 75% or better free-throws	1	2	3	1	2	3
b.) Ready stance, position and footwork on the catch and shoot	1	2	3	1	2	3
c.) Jab step on side one bounce	1	2	3	1	2	3
d.) Jab step crossover one bounce	1	2	3	1	2	3
e.) Shot fake one bounce	1	2	3	1	2	3

**2. Cutting and screening**

a.) Sprints lanes in transition	1	2	3	1	2	3
b.) Sprints to screen	1	2	3	1	2	3
c.) Maintains ball vision when screening	1	2	3	1	2	3
d.) Ready receiver after screening	1	2	3	1	2	3
e.) Communicates the screen to the cutter	1	2	3	1	2	3
f.) V-cut before using the screen (reads defence)	1	2	3	1	2	3
g.) Shoulder to shoulder cut off the screen	1	2	3	1	2	3
h.) Accurate passing to cutter or screener (reads the def.)	1	2	3	1	2	3

### 3. Make plays off an on-ball screen

	Player			Coach		
a.) Creates separation before using the screen	1	2	3	1	2	3
b.) Gets two dribbles separation before making a decision after using the screen	1	2	3	1	2	3
c.) Reads the second line of the defence	1	2	3	1	2	3
d.) Makes the play (shot or assist pass)	1	2	3	1	2	3
e.) Correct screening stance and position	1	2	3	1	2	3
f.) Head snap and rim run after screening	1	2	3	1	2	3
g.) Makes the play from the pick and pop	1	2	3	1	2	3

### 4. Creating plays (shot or assist pass) off the dribble

a.) Dominate hand speed dribble to lay-up	1	2	3	1	2	3
b.) Non-dominant hand speed dribble to lay-up	1	2	3	1	2	3
c.) Accurate pass to a moving target from the speed dribble	1	2	3	1	2	3
d.) Command of front crossover dribble	1	2	3	1	2	3
e.) Command of between the legs dribble	1	2	3	1	2	3
f.) Command of the hesitation dribble	1	2	3	1	2	3
g.) Command of behind the back dribble	1	2	3	1	2	3

### 5. Low post efficiency and offensive rebounding

a.) Wide target	1	2	3	1	2	3
b.) Engages the foot war for position	1	2	3	1	2	3
c.) Secures the catch, vision of split line side	1	2	3	1	2	3
d.) One efficient move attacking the split line side	1	2	3	1	2	3
e.) One efficient counter move	1	2	3	1	2	3
f.) Entry pass into the low post away from the defence	1	2	3	1	2	3
g.) Cutting after low post entry pass	1	2	3	1	2	3
h.) Pass out and re-post	1	2	3	1	2	3

### 6. Game awareness (time, score, foul count, defensive weak link, hot hand)

1	2	3	1	2	3
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