

## SELF EVALUATION

PREPARED BY COACH BOURGASE

**NAME:**

**DATE:**

Practice Attendance Attends practices on time • Rarely absent • Communicates absences ahead of time	5 <input type="checkbox"/> Excellent	4 <input type="checkbox"/> Superior	3 <input type="checkbox"/> Good	2 <input type="checkbox"/> Needs Improvement	1 <input type="checkbox"/> Poor
Teamwork Encourages team-mates • Works for the best shot for the team • Executes plays correctly	5 <input type="checkbox"/> Excellent	4 <input type="checkbox"/> Superior	3 <input type="checkbox"/> Good	2 <input type="checkbox"/> Needs Improvement	1 <input type="checkbox"/> Poor
Communication Verbal: shot, screens, help-side defense • Non-verbal: fist, thumbs up, points to thank passer	5 <input type="checkbox"/> Excellent	4 <input type="checkbox"/> Superior	3 <input type="checkbox"/> Good	2 <input type="checkbox"/> Needs Improvement	1 <input type="checkbox"/> Poor
Intensity Always works hard • Pushes team-mates to get better • Plays to win every competition	5 <input type="checkbox"/> Excellent	4 <input type="checkbox"/> Superior	3 <input type="checkbox"/> Good	2 <input type="checkbox"/> Needs Improvement	1 <input type="checkbox"/> Poor
Performance Factors Strength • Speed • Agility • Aerobic/Anaerobic Fitness	5 <input type="checkbox"/> Excellent	4 <input type="checkbox"/> Superior	3 <input type="checkbox"/> Good	2 <input type="checkbox"/> Needs Improvement	1 <input type="checkbox"/> Poor
Movement Takes initiative to move without ball • Cuts backdoor when denied • Makes contact to get open	5 <input type="checkbox"/> Excellent	4 <input type="checkbox"/> Superior	3 <input type="checkbox"/> Good	2 <input type="checkbox"/> Needs Improvement	1 <input type="checkbox"/> Poor
Defense Applies pressure on the ball • Strong-side deny • Weak-side help • Helps early • Helps the helper	5 <input type="checkbox"/> Excellent	4 <input type="checkbox"/> Superior	3 <input type="checkbox"/> Good	2 <input type="checkbox"/> Needs Improvement	1 <input type="checkbox"/> Poor
Mental Training Pre-plays and replays games • Employed a game day routine	5 <input type="checkbox"/> Always	4 <input type="checkbox"/> Usually	3 <input type="checkbox"/> Often	2 <input type="checkbox"/> Rarely	1 <input type="checkbox"/> Never
Personal Practice Worked on skills outside practice • Played pick-up at game intensity	5 <input type="checkbox"/> Always	4 <input type="checkbox"/> Usually	3 <input type="checkbox"/> Often	2 <input type="checkbox"/> Rarely	1 <input type="checkbox"/> Never
Percentages In practice	<input type="checkbox"/> ≤75% <input type="checkbox"/> ≤50% <input type="checkbox"/> ≤40%	<input type="checkbox"/> 70% <input type="checkbox"/> 45% <input type="checkbox"/> 35%	<input type="checkbox"/> 65% <input type="checkbox"/> 40% <input type="checkbox"/> 30%	<input type="checkbox"/> 60% <input type="checkbox"/> 35% <input type="checkbox"/> 25%	<input type="checkbox"/> 55%≥ <input type="checkbox"/> 30%≥ <input type="checkbox"/> 20%≥
Self-Satisfaction • Happy about personal performance • Happy about team performance	5 <input type="checkbox"/> <input type="checkbox"/>	4 <input type="checkbox"/> <input type="checkbox"/>	3 <input type="checkbox"/> <input type="checkbox"/>	2 <input type="checkbox"/> <input type="checkbox"/>	1 <input type="checkbox"/> <input type="checkbox"/>

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