

PLAYER SELF-EVALUATION FORM

HONESTLY REVIEW YOUR RECENT PERFORMANCE – RATE YOUR SKILL SETS, ACKNOWLEDGE ANY WEAKNESSES AND SET ATTAINABLE GOALS. TAKE AT LEAST 30 MINUTES TO COMPLETE THIS EVALUATION, AS MUCH AS YOU PUT IN, CAN BE EXPECTED FOR YOU TO GET OUT OF IT.

NAME:	DATE:

DESCRIBE YOUR CURRENT POSITION ON THE TEAM:

WHAT IMPACT DO YOU HAVE ON YOUR TEAM THAT YOU ARE MOST PROUD OF?

WHAT DO YOU FIND MOST CHALLENGING ABOUT YOUR CURRENT ROLE?

IDEALLY WHAT ROLE DO YOU WANT TO PLAY ON YOUR TEAM AND WORK TOWARDS?

LIST 3 THINGS THAT YOU BELIEVE ARE YOUR STRENGTHS AS A PLAYER:	
1	
2	
3	

LIST 3 THINGS THAT YOU BELIEVE ARE YOUR WEAKNESSES AS A PLAYER:	
1	
2	
3	

LIST SOME WAYS YOU HOPE TO IMPROVE IN THE FOLLOWING AREAS:	
PRACTICE/WORK ETHIC	
POSITION-SPECIFIC TECHNIQUES	
MENTAL TOUGHNESS	
PHYSICAL TOUGHNESS	
BASKETBALL IQ	

WHERE WOULD YOU RANK YOUR CONFIDENCE LEVEL THIS PAST YEAR? (CIRCLE ONE)									
1	2	3	4	5	6	7	8	9	10

LIST YOUR CURRENT STATS AND CIRCLE AREAS YOU'D LIKE TO FOCUS ON IMPROVING IN THE SHORT TERM. WRITE DOWN YOUR IMPROVEMENT GOAL. (ASK YOUR COACH FOR HELP IF NEEDED)													
FT %	GOAL	2PT %	GOAL	3PT %	GOAL	FG %	GOAL	APG	GOAL	RPG	GOAL	TPG	GOAL

HOW DO YOU PLAN TO IMPROVE?

WHAT WOULD HELP YOU BETTER ACHIEVE YOUR GOALS?

HOW WILL YOU HOLD YOURSELF ACCOUNTABLE?

