

Basketball Player Self-Evaluation Profile

14 important traits of an athlete

Positive Mental Attitude	Perseverance (never give up)
Coachability	Goal-directed behavior
Initiative (self starter)	Heart
Willingness to work hard	Hustle
Pride	Knowledge of sport
Self-Discipline	Emotional Control (patience, sense of humor)
Competitiveness	Belief in Team (work within team role)

Of the 14 traits important to athletic success, which ones are your strengths?

1 _____	4 _____
2 _____	5 _____
3 _____	6 _____

Which ones do you need the most work on?

1 _____	4 _____
2 _____	5 _____
3 _____	6 _____

8 important basic skills in basketball

Defensive Skills	1 on 1 offensive moves – cutting, footwork, faking, driving
Shooting	2 on 2 offensive moves – give & go, back door, pick & roll
Team Play	Rebounding
Ball handling	Passing

Of the 8 Skills, which do you excel at?

1 _____	3 _____
2 _____	4 _____

Of the 8 Skills, which do you need the most work on?

1 _____	3 _____
2 _____	4 _____