

Player Evaluation Form: Basketball



Player Name:

Body Motor Ability	Sport Specific Skill	Drills to Help in Sport	Excellent		Very Good		Good		Room For Improvement			
		Activity to Help in General										
Coordination	Shooting	Form shooting	10	9	8	7	6	5	4	3	2	1
		Juggling										
Speed	Fast Break	Sprint Down and back	10	9	8	7	6	5	4	3	2	1
		40 yard dash										
Strength	Rebounding	Box out, explode to ball	10	9	8	7	6	5	4	3	2	1
		Squats										
Agility	Defensive Footwork	Defensive slide zig zag drill	10	9	8	7	6	5	4	3	2	1
		Agility Ladder										
Flexibility	Catching a high or low pass	Catch balls at different heights	10	9	8	7	6	5	4	3	2	1
		Dynamic stretching/yoga										
Reaction Time	Defensive Help	Shell Drill	10	9	8	7	6	5	4	3	2	1
		Catch quickly thrown balls										
Endurance	Playing Late in Games	Down and back 20x	10	9	8	7	6	5	4	3	2	1
		Interval training										
Balance	Shooting	Foul Shots using BEEF	10	9	8	7	6	5	4	3	2	1
		Yoga: Warrior, Tree Pose										
Power	Rebounding	Box out, explode to ball	10	9	8	7	6	5	4	3	2	1
		Burpees										
Sport IQ	Playing in the correct spot	Watch game film	10	9	8	7	6	5	4	3	2	1
Height:	Jump Reach:		Average Score:									
Comments:												