

PEAK PERFORMANCE TRAINING



PLAYER PERFORMANCE EVALUATION

Name	_____
Age	Grade _____
Height	Weight _____
Position	_____
Experience	_____
Date	___/___/___ initial eval or follow-up

Rating Scale: 5=Outstanding 4=Above Average 3=Average 2=Below Average 1=Needs Improvement

Shooting	5	4	3	2	1
___ Lay-up*					
___ Mechanics & Arc*					
___ 2-point range					
___ 3-point range					
___ Catch & Shoot					
___ Shoot off dribble					
___ Use of weak hand					

Dribbling	5	4	3	2	1
___ Maintains control*					
___ Sees the court*					
___ Goes both ways					
___ Handles pressure					
___ Speed					
___ Dribbles with purpose					
___ Penetrates to hoop					

Passing	5	4	3	2	1
___ Timing*					
___ Catching*					
___ Avoids turnovers					
___ 2-handed					
___ 1-handed					
___ Bounce pass					
___ Overhead					

Defense	5	4	3	2	1
___ Position*					
___ Transition*					
___ Stance					
___ On ball					
___ Off ball					
___ Closes out					
___ Help					
___ Recover to man					

Rebounding	5	4	3	2	1
___ Anticipates*					
___ Goes for the ball*					
___ Boxes out					
___ Finds the right spot					
___ Protects/chins the ball					

Athletic Ability	5	4	3	2	1
___ Speed					
___ Quickness					
___ Stamina					
___ Coordination					

Game Play	5	4	3	2	1
___ Court sense					
___ Team play / assists*					
___ Vision*					
___ Anticipation*					

Coachability	5	4	3	2	1
___ Attitude					
___ Accepts criticism					
___ Focus					
___ Interaction w/ teammates					
___ Team play					
___ Work ethic					

Overall Strengths*	5	4	3	2	1
___ Defense					
___ Dribbling					
___ Passing					
___ Rebounding					
___ Shooting					
___ Court sense					

Comments / Recommendations