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. You will only get out of it what you put in.

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 toward?

List 3 things that you believe are your strengths as a player.	List 3 things that you believe are your weaknesses as a player.
1.	1.
2.	2.
3.	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 with 1 being least confident and 10 being most confident? Circle your level.
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 ter. Write down your improvement goal.

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?