

	Players Name	J'Dah Hilson	Score
1.	Ball Handling against pressure defense (creating space)		3
2.	The ability to create shots for their teammates and themselves		3
3.	Catch and Shoot...Shooting Mechanics, Footwork and Accuracy		3
4.	Shot selection competency (Knowing when to attack or settle for a shot)		3
5.	Shooting from the Perimeter		2
6.	Ability to make good passes and decision with the ball (court vision)		3
7.	Finishing at The Rim		3
8.	Offense of Aggressiveness (Are you passive aggressive or assertive)		3
9.	Off the Ball Defense (helping teammates when they get beat off the dribble)		4
10.	On Ball Defense (keeping ball handler in front of you)		4
		Scoring: 1 – 5 (50 is a perfect score)	Total Score
			31

Coaches Notes and Recommendations:

You have had some challenges here lately with your school team. That said, continue to believe in yourself and never allow anyone to discourage you from chasing your dreams. Over the spring and summer, I watched you take a giant leap in your development towards the end of the summer. I would like to see you commit yourself to improving in two areas: ball handling and shooting. I would suggest that you get a weighted basketball to improve the strength of your ball handling. You should aim to make 1,000 shots a week. You are doing a much better job with your decision-making and finishing! Keep believing!

(5) Execute skills all the time.

- This is the highest level, where the player has mastered the skill to the point where it has become second nature. Here are some skills typically mastered at this level: keeping their head up when dribbling, playing off two feet when they get inside the paint, and finishing on balance when they shoot the ball.

(4) Execute skills most of the time.

- At this level, the player understands the skill well and regularly executes it in the game. There are only a few times when he or she will lapse into an incorrect movement or fail to execute the skill. However, it's obvious that the player has practiced the skill and consistently performs it at a high level. An example of a fundamental skill in which youth players usually reach a (4) rating rather quickly but where the leap to a level proves very difficult would be finishing with contact consistently.

(3) Execute skill some of the time.

- At this level, the player fully understands the fundamental skill component mentally and is just beginning to incorporate it into his physical gameplay or training. At this stage, the coach often explains the skill, demonstrates it, and has the players drill on it. It is now just a matter of repetitive practice and continued reinforcement before you begin to see it used by the player regularly in training and games.

(2) Needs further instruction to develop.

- At this level, the player has been exposed to some teaching or learning on his or her own about a specific skill. However, it is being performed poorly. It may also be that the player has been playing basketball for a while but has never properly learned the skill and has developed bad habits along the way.

(1) The player does not fully comprehend the skill yet.

- There are many basketball skills to teach at the youth levels, like the essential seven, which take time to cover in the limited time available. Unfortunately, if the player hasn't been taught a fundamental skill, chances are great that the player will not demonstrate the skill at all.