

	Players Name	Kate Sikes	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		3
6.	Ability to make good passes and decision with the ball (court vision)		3
7.	Finishing at The Rim		3
8.	Offense of Aggressive (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
			32

### Coaches Notes and Recommendations:

It has been good watching your progression in your first year playing Varsity. You are beginning to become more comfortable with your role at this level. I would encourage you to continue to improve your three-point shot. If you can get to the point where you are a 40% to 45% three-point shooter, you will have a chance of drawing a lot of attention from college scouts this summer. Your follow-through and balance are where you are most inconsistent with your shot. I would also like you to develop a stronger dribble. You don't want to become only a spot-up shooter. You should strive to develop the ability to create your shot for yourself and others. I would suggest getting a weighted basketball and a tennis ball to practice ball handling two to three times a week on your own.

(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.