

Rousseau Basketball Player Form (Based on Learn to Train)

Player Number:

Psychological/ Mental

Self Confidence

Motivation

Score (1-4)

Decription

Safe and positive environment

Fun rewarding successful activities

Attribute

Player is willing to express themselves more. Not afraid to make mistakes

Player is motivated. Player shows they are having fun, being challenged and is successful at activities. Because of this success, they are willing to attempt more difficult tasks

Physical

Coordination

In small-sided games

Shows ability to twist and turn, change direction keeping movements with body under control

Speed

Multi directional

Player can move at speed in different directions with and without the ball

Perception/ Awareness

In small-sided games

Players are aware of what is happening around them in game situations

Social/ Emotional

Communication

Verbal Communication

Player is able to communicate with team mates and offer encouragement to others

Sharing

Sharing the ball and ideas

Player understands that passing can help them be successful

Technical

Dribbling

Right hand and left hand under pressure

Player is now able to dribble at an opponent and can show change of speed and direction with their head up

Shooting

Right hand and left hand

Player is able to shoot over short distances. Shots are accurate and on target

Ball Control

Ball mastery

Player can handle the ball in reduced spaces with team mate and opponents in close vicinity

Score Key: 1 = Below Average, 2 = Average, 3 = Good, 4 = Excels