

Rousseau Basketball Player Form (Based on Learn to Train)

Player Number:

<u>Psychological/ Mental</u>	Score (1-4)	Decription	Attribute
Self Confidence		Safe and positive environment	Player is willing to express themselves more. Not afraid to make mistakes
Motivation		Fun rewarding successful activities	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
<u>Physical</u>			
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
<u>Social/ Emotional</u>			
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
<u>Technical</u>			
Dribbling		Right hand and left hand under pressure	Player is now able to dribble at an opponent and can show change of speed and dirtection 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