



Player Self-Assessment

Player Name:	
Date of Birth:	
Position:	
Years Played:	
Coach Name:	

Skill	Rating Scale 5 is highest	Cue If check skills need to be improved, developed, or managed
Serve	1 2 3 4 5	<input type="checkbox"/> Toes Point <input type="checkbox"/> Quarterback Arm <input type="checkbox"/> Toss Away <input type="checkbox"/> Step toward <input type="checkbox"/> Big Hand <input type="checkbox"/> Elbow high <input type="checkbox"/> Follow through
U-pass	1 2 3 4 5	<input type="checkbox"/> Wide Base <input type="checkbox"/> Move under <input type="checkbox"/> Communicate <input type="checkbox"/> Platform out <input type="checkbox"/> Platform drop <input type="checkbox"/> Target Hip Turn <input type="checkbox"/> Freeze
O-pass/Set	1 2 3 4 5	<input type="checkbox"/> Under ball <input type="checkbox"/> Right foot forward <input type="checkbox"/> Square up <input type="checkbox"/> Hands high <input type="checkbox"/> Jump to Target <input type="checkbox"/> Extension <input type="checkbox"/> Communicate
Attack	1 2 3 4 5	<input type="checkbox"/> Ready <input type="checkbox"/> Timing <input type="checkbox"/> Left-Right-Left Jump <input type="checkbox"/> Bow & Arrow <input type="checkbox"/> SNAP through to target <input type="checkbox"/> Land on 2 feet <input type="checkbox"/> Communicate
Block	1 2 3 4 5	<input type="checkbox"/> Hand high <input type="checkbox"/> Leg flexed <input type="checkbox"/> Shuffle <input type="checkbox"/> Crossover <input type="checkbox"/> Close block <input type="checkbox"/> Front hitter <input type="checkbox"/> Hands Penetrate <input type="checkbox"/> Communicate
Dig	1 2 3 4 5	<input type="checkbox"/> Low posture <input type="checkbox"/> Pursue ball <input type="checkbox"/> Platform to target <input type="checkbox"/> Stopped <input type="checkbox"/> Stay on feet <input type="checkbox"/> Floor Skills(rolls, sprawls and dives) <input type="checkbox"/> Communicate
Movement/ Footwork	1 2 3 4 5	<input type="checkbox"/> Sides <input type="checkbox"/> Forward <input type="checkbox"/> Backward <input type="checkbox"/> Shuffle <input type="checkbox"/> Crossover <input type="checkbox"/> Spiking approach <input type="checkbox"/> Reaction <input type="checkbox"/> Retract <input type="checkbox"/> Transition
Attitude!	1 2 3 4 5	<input type="checkbox"/> Always ready <input type="checkbox"/> Intensity <input type="checkbox"/> High energy <input type="checkbox"/> Confidence <input type="checkbox"/> Initiative <input type="checkbox"/> Effort <input type="checkbox"/> Positive and Supportive
Leadership	1 2 3 4 5	<input type="checkbox"/> Acknowledge others <input type="checkbox"/> Bringing the team together <input type="checkbox"/> Team leadership <input type="checkbox"/> Collective responsibility in team solutions with challenges (on and off court)
Follow Direction	1 2 3 4 5	<input type="checkbox"/> Eye Contact <input type="checkbox"/> Knowledge <input type="checkbox"/> Understand <input type="checkbox"/> Ask Questions <input type="checkbox"/> Always ready <input type="checkbox"/> Focus <input type="checkbox"/> Easily Distract
Coachable	1 2 3 4 5	<input type="checkbox"/> Need Work <input type="checkbox"/> Good <input type="checkbox"/> Great <input type="checkbox"/> Outstanding <input type="checkbox"/> Look across the net <input type="checkbox"/> Problem Solver
Shagging	1 2 3 4 5	<input type="checkbox"/> Not responsible <input type="checkbox"/> Good <input type="checkbox"/> Great <input type="checkbox"/> Team player