



## **Instructions to Complete Basketball Team Assessment Process**

### **Step 1: Basketball Individual Assessment Form**

Complete the top section listing all requested information

Each section covers an aspect of basketball team play

Choose the point value that best describes the athlete/partner's skill level

Place that value in the "Score" box for that section

When each section is complete, add each "Score" box together and place it in the "Total Score" box

Divide "Total Score" by 6 and place number in the "Overall Rating" box

Each player should have a Basketball Individual Assessment Form completed

### **Step 2: Basketball Assessment Summary Form**

List the players name, score for each section, total score, and overall ranking

Now is a good time to double check that the 6 scores (A-F) add up to the total score and that the overall rating is the total score, divided by 6.

**Step 3: Use the total score for each individual to register them as a team online at [www.sout.org](http://www.sout.org).**



# SOUT - Basketball Skills Assessment for Individuals

Name: \_\_\_\_\_  Athlete  Partner  
Evaluator's Name: \_\_\_\_\_  
Team Name: \_\_\_\_\_ Date of Evaluation: \_\_\_\_\_  
Delegation: \_\_\_\_\_ / /

## Individual Assessment for Team Play

**A. Ball Handling** (one choice- should be the most representative of the athlete's skill level)

Has difficulty dribbling and catching (2)  
Possesses some ball handling skills but they are very limited (3)  
Can handle ball with dominant hand only (4)  
Can handle ball with both hands (5)  
Has ability to go either direction on the dribble (6)  
Has ability to beat defender regularly with dominant hand (7)  
Has ability to beat defender regularly with either hand (8)

Score:

**B. Passing** (one choice- should be the most representative of the athlete's skill level)

Has difficulty completing a pass/short pass to a teammate (2)  
Can sometimes make a pass to an open teammate with token pressure (3)  
Can only complete a pass to teammate after looking directly at him/her (4)  
Has ability to choose best type of pass (bounce, chest, skip, other) (5)  
Has ability to complete a no look or quick pass to an open teammate (6)  
Controls game with ability to complete an advanced pass (no look/snap pass) to open player when they are in good position (8)

Score:

**C. Movement** (one choice- should be the most representative of the athlete's skill level)

Maintains a stationary position; does not move to a loose ball (2)  
Moves only 1-2 steps toward ball or opponent (3)  
Moves toward ball; but reaction time is slow and only in a limited area of the floor (4)  
Movement permits adequate court coverage (5)  
Good court coverage; reasonably aggressive (6)  
Exceptional court coverage; aggressive anticipation (8)

Score:

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### D. Game Awareness

(one choice- should be the most representative of the athlete's skill level)

Sometimes confused on offense and defense; may shoot at wrong basket

(2)

Can play in fixed position as instructed by coach; may go after an occasional loose ball (3)

Limited understanding of the game and can run some offensive and defensive sets - coach prompted (4)

Moderate understanding of the game, some off and def sets and can occasionally fast break (6)

Advanced understanding of the game and mastery of basketball fundamentals

(8)

Score:

### E. Shooting

(one choice- should be the most representative of the athlete's skill level)

Periodically can make an uncontested lay up (2)

Can make shots inside of lane (3)

Can make shots inside of lane and occasionally attempts a mid range jump shot

(4)

Can make some mid range jump shots (5)

Can make some mid range jump shots and will attempt shots beyond 15'

(6)

Has excellent shooting form and makes shots from all ranges on court (8)

Score:

### F. Rebounding

(one choice- should be the most representative of the athlete's skill level)

No understanding of rebounding positions or principles, often beaten to a missed shot (2)

Gets rebounds only when they land directly to him/her (3)

Goes after loose balls within 3 to 4 steps (4)

Aggressively goes after rebounds, gets many (6)

Exceptional ability to get to missed shots on both sides of the basket and either side of the court (8)

Score:

TOTAL SCORE:  
(add scores from A-F)

**Divide TOTAL SCORE by 6 to determine OVERALL RATING**  
**(round off to the nearest tenth i.e. 4.97 = 5.0 or 3.53 = 3.5)**

OVERALL RATING:  
(Should be between 2-8)

