



Player Defensive Assessment

Mental & Physical Skills	Must Improve	Should Improve	Could Improve	Excellent
Coachability – desire to learn & improve				
Effort & work ethic				
Training & Healthful Living				
Physical Conditioning & Stamina				
Leadership – by example				
Ability to play thru adversity & bounce back				
Poise – ability to think under pressure				
Team effort – ability to make teammates better				
Self improvement & self-practice				
On Ball Defensive Skills	Must Improve	Should Improve	Could Improve	Excellent
“BALL” – pressuring player with ball				
Attacking & initiating action				
Active hands taking away shot & pass options				
“PUSH” – containing a dribbler				
Staying low “ <i>Nose on chest</i> ”				
Keeping out of Red Zone (sideline or base push)				
Protecting the “Elbows” and “Blocks”				
“JAM” – quickly attacking a picked up dribble				
Smothering opponent tracing ball with both hands				
Taking Offensive Charges				
Absorbing contact & executing a shoulder roll				
Establishing good set position				
<i>Off Ball Skills – Ballside</i>	Must Improve	Should Improve	Could Improve	Excellent
“PASS DENIAL” – attacking the passing lanes				
Playing Up the lane (ball-you-opponent)				
Low “ <i>Ear on chest</i> ” with “ <i>Stop</i> ” sign out stance				
Ability to deny opponent the ball (“Dancing”)				
Staying w/shooter on Ballside dribble penetrations				
<i>Off Ball Skills – Helpside</i>	Must Improve	Should Improve	Could Improve	Excellent
Sagging off & establishing Helpside I position				
Providing teammates with strong backside help				
Anticipating & initiating trap rotations				
Denying and blocking basket & ball cuts				
Closing out quickly on balance with hands up				
Moving as ball leaves passer’s hands				
Going to floor for loose balls				
Post Defense	Must Improve	Should Improve	Could Improve	Excellent
Ability to deny all post passes				
Playing with agility & quickness				
Beating to spot and/or pushing off the “block”				
Guarding the low post with the ball				
Defending the high post area				
Guarding high post with the ball				
Defensive Rebounding	Must Improve	Should Improve	Could Improve	Excellent
Anticipating miss & establishing inside position				
Determination & Competitiveness				
Stepping out (“Find”) and boxing out on helpside				
Stepping up the lane to box out on free throws				
Boxing out on last shots & free throws				