

Colonial Sports Self Evaluation Form

LAST NAME:

FIRST NAME:

LEAGUE PLAYING IN:

JERSEY SIZE:

Height in Inches:

Children's Basketball League

SELF EVALUATION FORM

Please complete this form and
email it to
jhollabaugh@colonial.org

THANK YOU!

Shooting Drills: Have your child warm up shooting. Once they are warm you will time them doing 3 different drills and record their scores below. Each drill will have a 30 second timer. Record how many times they make a basket from each spot in 30 seconds.

**15 feet/Free Throw:
(10 feet for U8 ages)**

**Right side of Hoop
(layup, either hand)**

**Left side of Hoop:
(layup, either hand)**

Dribbling Drills: Have your child warm up Dribbling. Once they are warm you will time them doing 2 different drills and record their scores below. Each drill will have a 30 second timer. For the following drills, place 2 cones 25 feet (9 steps) apart. Each time they get to a cone that counts as 1. Record how many times they pass around the cones. Down AND back counts as TWO!

**Left handed dribble
AROUND Cones:**

**Right handed dribble
AROUND Cones:**

Did your child keep control of the ball the entire 30 second timer
while dribbling? Yes / NO

For the sake of creating even teams, please rate your child's skill level from 1 – 10. (Please be as honest as possible)
