

# Motivation & Wellness Athlete Assessment System

## Athlete Information

Athlete Name	
Age	
Position	
Height	
Weight	
Assessment Date	
Coach	

## Shooting Assessment

Shot Location	Makes	Attempts	Percentage
Left Short Corner			
Right Short Corner			
Left Elbow			
Right Elbow			
Top of Key			
Left Wing 3PT			
Top of Key 3PT			
Right Wing 3PT			

## Free Throw Sets

Round	Makes	Attempts
Round 1		
Round 2		
Round 3		

## Ball Handling Test

Hand	Time
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Right Hand	
Left Hand	

## Strength Testing

Exercise	Weight
Bench Press	
Squat	
Deadlift	

## Coach Notes & Development Plan

Strengths:

Areas for Improvement:

Development Focus: