

What It Takes



Source Skills

- 10 Ball handling
- 8 Knowledge of the game
- 6 Sense of the field
- 7 Instinct
- 6 Make quick/good decisions

Physical Skills

- 6 Speed
- 7 Quickness
- 5 Agility
- 7 Flexibility
- 8 Contort body

Mental Skills

- 4 Perseverance
- 3 Mental toughness
- 2 Don't get down on self or others
- 4 React well under pressure
- 4 Step up when pressure is on
- 4 Ability to focus
- 4 Stay focused despite distractions
- 2 Handle emotions
- 2 Handle setbacks and disappointments

Work Ethic

- 10 Like to compete
- 7 Enjoy hard work
- 6 Work well on own
- 6 Set higher standards

Coachable Qualities

- 5 Listen well
- 5 Take direction/criticism

Team Player

- 6 Inspire teammates
- 6 Support/help others in tough situations
- 5 Takes responsibility
- 6 Sacrifice for team

Other

- 3 Good sleep habits
- 4 Respect self/team/opponent
- 5 Work well with diverse personalities
- 5 Discipline
- 1 Well organized
- 2 Good time management
- 5 Good resistance skills to drugs/alcohol
- 6 Good diet
- 4 Handle finances/academics/other responsibilities

Legend:

- Rate 1 - 10 where you are today
- Check needs improvement
- ★ Choose one to affirm