Name:			
Physical - Pillar			
	Funtional Movement Capacity	<u>Rating / 10</u>	Notes
	Posture		
	Functional Mobility		
	Dynamic Stability		
	Flexibility		
	Health & Wellness		<u>Notes</u>
	Anthropometrics (look it up)		
	Stature Nutrition		
	Hydration		
	Sleep / Rest		
	Recovery		
	Physical Work Capacity	_	Notes
	Stamina		
	Speed		
	Strength		
	Agility		
	Jumping		
Basketball - Pil	llar No. 2		
	Fundamental Movements		Notes
	Coordination		
	Balance		
	Speed / Changing Speed		
	Agility		
	Fundamental Skills		Notes.
	Shooting / Layup		
	Power Layup		
	Attacking the Rim		
	Footwork Dynamic 1on1		
	Stance		
	Passing		
	Dribbling		
	Offensive Concepts		<u>Notes</u>
	Attacking	Щ	
	Spacing		
	pass/cut/wait/fill	\vdash	
	Penetration		
	Screening	\vdash	
	Rebounding		
	Posting Communicates Clearly	H	
	communicates cicuity		
	Defensive Concents		Notes
	Defensive Concepts		
	Transition		
		Η	
	Transition		
	Transition Matching		
	Transition Matching On Ball - D21 & D9		

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Team Image: Control of the set
Social & Emotional - Pillar No.3 Nates Social & Environment Family Social & Environment Family Family Social & Environment Family Fam
Pre-Game
Pre-Game
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Early clock Pace
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Late Gock Special Situations Pressure / Press / Press Break Zone Offense / Zone Defense Explode / Explore / Execute FLOW
Special Situations Pressure / Press / Press Break Zone Offense / Zone Defense Explode / Explore / Execute FLOW ocial & Emotional - Pillar No. 3 Bally Training Environment School / Club Facility Facility Facility Support Coaching Relationships Communication Trust Notes Communication Trust Notes LeaderShip Lead Yourself Lead Softers Energy Giver Energy Giver Energy Taker
Pressure / Press Break
Zone Offense / Zone Defense Explode / Explore / Execute FLOW coial & Emotional - Pillar No. 3 Daily Training Environment School / Club Facility Facility Family Support Coaching Notes Relationships Communication Trust Notes Lead Yourself
Zone Offense / Zone Defense Explode / Explore / Execute FLOW coial & Emotional - Pillar No. 3 Daily Training Environment School / Club Facility Facility Family Support Coaching Notes Relationships Communication Trust Notes Lead Yourself
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School / Club
Facility
Family
Support
Support
Coaching Notes Communication
Relationships Notes Communication
Communication
Communication
Trust Notes Leadership Notes Lead Yourself
Leadership Notes Lead Yourself
Lead Yourself
Lead Yourself
Leads Others
Leads Others
Energy Giver
Energy Taker
Your Role
Passion Notes
Competitive Fire
Podium Behavior
Champion Behaviour
vlental - Pillar No. 4
Focus Notes
Concentration
Handles Distractions
Handles Distractions
Perspective Notes
Perspective Notes Deals with Adversity
Perspective Notes Deals with Adversity
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