WHAT DOES YOUR ATHLETE NEED MOST?

You see more of your athlete's games than any coach does. This check turns what you already notice into a clear answer: strength, skills, speed or basketball IQ.

1. WATCH

One full game, or a week of practices. Don't coach, just watch.

2. CHECK

Mark anything you see more than once. A single bad play doesn't count.

3. COUNT

Add up each column. The longest list is where to start.

STRENGTH

The body holding up to contact and to a full game.

- ☐ Gets bumped off their path on drives or pushed off the spot on box-outs
- ☐ Loses the ball when contact comes in traffic
- ☐ Shot comes up short or flat late in games
- ☐ Lands loud or stiff after a jump, or knees cave inward

TOTAL ____ OF 4

SKILLS

What they can do with the ball.

- ☐ Picks up the dribble under pressure or avoids the weak hand
- ☐ Open shots look different from one attempt to the next
- ☐ Gets to the rim but doesn't finish
- ☐ Passes arrive late, soft or off target

TOTAL ____ OF 4

SPEED

How fast they start, stop and change direction.

- ☐ A step late to loose balls and long rebounds
- ☐ Makes a good move but can't get past the defender
- ☐ Gets beaten off the dribble or arrives late on closeouts
- ☐ Takes extra steps to stop and go the other way

TOTAL ____ OF 4

BASKETBALL IQ

Knowing where to be and what to do, before it happens.

- ☐ Stands and watches when the ball is on the other side
- ☐ Knows it in practice, hesitates on the same read in a game
- ☐ Out of position on defense, not in the gap or in help
- ☐ Forces a shot or pass the defense already has covered

TOTAL ____ OF 4

READING YOUR RESULT

One column clearly ahead: that's the priority. Put the next two or three months there before adding anything else.

Two columns tied: that's common and worth knowing. Notice which one bothers your athlete more.

Hardly any checks: good news. Ask your athlete what feels hardest in games. Their answer usually beats ours.

WHERE TO GO NEXT.

Start with your longest column. Here's what usually helps, and what to look for in whoever helps you.

YOUR COLUMN	WHAT USUALLY HELPS	WHAT TO LOOK FOR IN HELP
STRENGTH	Age-appropriate strength work: landing, balance, core and lower body before heavy weight.	Someone who checks how your athlete moves before adding load, and coaches technique every rep.
SKILLS	Ball-handling, finishing and shooting reps done at game speed, with a defender or a decision.	Someone who builds from what shows up in games, not a drill list that looks the same for everyone.
SPEED	First-step, deceleration and change-of-direction work, kept short and fast with full rest.	Someone who teaches how to stop and start, not just running until everyone is tired.
BASKETBALL IQ	Watch film or a game together. Small-sided play where reads are rewarded.	Someone who explains the why, asks your athlete questions, and teaches spacing, cutting and help.

QUESTIONS TO ASK ANYONE YOU TRAIN WITH.

A good coach or trainer will be glad you asked. These work for anyone, anywhere.

1. **How will you figure out what my athlete needs before you start?**
2. **What are you working on with them, and why?**
3. **How will we know it's working? What will you measure or watch for?**
4. **How does this show up in games, not just in drills?**
5. **What should we be doing at home between sessions?**

ASK YOUR ATHLETE TOO

"What's one thing in games that feels harder than it should?" If their answer matches your column, you've found it. If it doesn't, that gap is the most useful thing you can tell a coach.

WHAT FITS YOUR FAMILY RIGHT NOW

The right training is the kind your athlete will keep showing up for.

☐ **At home** ☐ **1-on-1** ☐ **Small group**

☐ **Team practice**

Days per week we can realistically do: ____

TELL ME WHAT YOU SAW

Reply to my message with your column totals and what your athlete said. I read every one, and I'll tell you honestly what I'd do next. — **Coach White**