



Player Name: \_\_\_\_\_

## Volleyball Self Assessment

We are excited to have you as part of the Hotshot Juniors Family! To get the year started, we wanted to understand more about your volleyball experience, and where you think your abilities are strong, and what abilities you want to grow at.

At HSJ we all share common goals where we want to reach our fullest potential as a team, and we will get there by having fun while working hard, putting in our best effort, and building each other up because we will be better together.

### Current Ability and Interest

Mark what you believe your ability on a scale of 1-5 is on each skill. Also mark if this is something you really enjoy and want to further improve during the season.

Skill	1	2	3	4	5	I want to Grow!
Serve						
Pass						
Set						
Hit						
Dig						
Talking						
Rotations						

What are you looking forward to most this season?

What are ways, other than playing, you will help the team be successful?

Do you have any goals you want to achieve, or areas you would like to focus on?

What is your proudest moment in playing sports?

Are there any games or drills that you have done that you really enjoy?