

## Self-scan C/D-player

Which skills do you master and which do you want to improve?



*Give yourself a score with a cross "x". Discuss with your trainer what you want to get better at.*

Name player:	Date:	Team:	Trainer:
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<b>1. Shoot to score (attacking)</b>	<b>0 - 3</b>	<b>4 - 7</b>	<b>8+</b>
(1a) Number of long distance shots per game (> 4 meters)			
• How many long distance shots touched the korf?			
(1b) Number of short distance shots per game (< 4 meters)			
• How many short distance shots touched the korf?			
(1c) Number of running-in shots per game			
• How many running-in shots touched the korf?			
(1d) Number of goals per game			
<b>Remarks:</b>			

<b>2. Create a free position to be able to shoot (attacking)</b>	<b>often</b>	<b>sometimes</b>	<b>never</b>
(2a) I get into a free position close to the korf (< 4 meters)			
(2b) I get into a free position away from the korf (> 4 meters)			
(2c) I take one step backwards before I shoot			
(2d) I run away from the backside of my opponent			
(2e) I use the korf to get into a free position			
(2f) I use a teammate (block) to get into a free position			
(2g) I get into a free position by doing feints			
(2h) I always check if I can shoot first			
(2i) My hands are ready to shoot at any time			
<b>Remarks:</b>			

<b>3. Giving an assist to the shooter (attacking)</b>	<b>often</b>	<b>sometimes</b>	<b>never</b>
(3a) My assist always reaches the shooter			
(3b) My assist reaches the shooter when I throw left handed			
(3c) My assist reaches the shooter when I throw right handed			
(3d) My assist reaches a moving player			
(3e) I can throw the ball under pressure (opponent in front)			
(3f) My assist over 6 meters reaches the shooter			
(3g) I quickly see who is in a free position			
(3h) I throw the ball at the right moment			
(3i) After my assist I start to move instantly			
<b>Remarks:</b>			

<b>4. Stay or get in ball possession (attacking &amp; defending)</b>	<b>often</b>	<b>sometimes</b>	<b>never</b>
(4a) I always get the ball before my opponent does			
(4b) After rebounding I directly look for a chance to shoot			
(4c) After rebounding I directly look for an assist to a shooter			
(4d) In rebound position I know where the ball will fall			
(4e) I always keep my rebound position			
<b>Remarks:</b>			

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<b>5. Prevent from scoring (defending)</b>	<b>often</b>	<b>sometimes</b>	<b>never</b>
(5a) I hinder/prevent a long distance shot (> 4 meters)			
(5b) I hinder/prevent a short distance shot (< 4 meters)			
(5c) I hinder/prevent a running-in shot			
(5d) I check if I can help defend my teammate's opponent			
<b>Remarks:</b>			

<b>6. Prevent free space / position (defending)</b>	<b>often</b>	<b>sometimes</b>	<b>never</b>
(6a) I defend close by, within arm length of my opponent			
(6b) I follow my opponent and I can see the ball at the same time			
(6c) I defend ball lines and running lines			
(6d) I know when I can intercept/steal the ball and when I need to stay focused on my opponent			
(6e) I prevent my opponent from giving an assist in the korf zone			
(6f) I steal/intercept the ball			
<b>Remarks:</b>			

<b>7. Prevent the assist (defending)</b>	<b>often</b>	<b>sometimes</b>	<b>never</b>
(7a) I keep my hands above the ball and try to block it			
<b>Remarks:</b>			

<b>8. Mental</b>	<b>often</b>	<b>sometimes</b>	<b>never</b>
(8a) I always want to do my tasks well			
(8b) I want to get better at korfbal			
(8c) In face of adversity I keep going (perseverance)			

<b>9. Other skills</b>	<b>yes</b>	<b>no</b>	<b>could be better</b>
(9a) I can hop backwards			
(9b) I can get up quickly			
(9c) I can do 5 beach ball keepy ups (juggling)			
(9d) I don't let my opponent push me away			
(9e) I can do 5 rope jumps			
(9f) I can make a roll			
(9g) I can dance			
(9h) I can swing rope			
(9i) I can do 2 soccer keepy ups (juggling)			
(9j) I can do wall climbing			

***This is what I would like to improve:***