GAME FILM SELF-ANALYSIS

DREAM TEAM ELITE / PLAYER WORKSHEET

Player | Opponent | Date

Team / grade | Final score | Film reviewed: ☐ Full game ☐ Clips

Use the game film or scorebook for stats. Watch your OFF-BALL possessions too. Leave unknown numbers blank.

A GAME STATS / NUMBERS ONLY

POINTS	FG M/A	3PT M/A	FT M/A	REB O/D	ASSISTS	STEALS	BLOCKS	T/O	FOULS

LAYUPS M/A	MIDRANGE M/A	DEFLECTIONS	BOX OUTS	FORCED SHOTS	MISSED ROTATIONS

B DECISIONS & IMPACT / SELF-RATE WHAT THE FILM SHOWS

1 = Rarely 2 = Sometimes 3 = Mixed 4 = Usually 5 = Consistently N/O = Not seen

OFFENSE & GAME IQ	1-5 / N/O
Shot selection Open, balanced shots; avoid forcing	
3-point decisions Take in-range threes at the right time	
Jumpers / free throws Balance, routine and follow-through	
Finishing at the rim Footwork, touch and right hand choice	
Passing reads See help defenders and open teammates	
Ball security Protect ball; handle pressure safely	
Off-ball movement Cut, space and create passing lanes	
Transition decisions Push, pass or slow down wisely	
Situational IQ Clock, score, matchups and possession	
Team offense Screens, extra pass and shot timing	

DEFENSE, EFFORT & TEAM IMPACT	1-5 / N/O
On-ball defense Stay in front; contest without fouling	
Closeouts Arrive controlled; stop the drive	
Help / rotations See danger; cover teammates on time	
Off-ball defense Track cutters, screens and assignments	
Transition defense Sprint back, stop ball, protect rim	
Rebounding Box out; pursue and secure the ball	
Communication Call screens, switches and help	
Hustle / effort Go for 50/50 balls every possession	
Mental response Recover after misses and mistakes	
Coachability / teamwork Make adjustments; support teammates	

C REWIND THE FILM / USE A REAL GAME EXAMPLE

BEST DECISION I MADE

Quarter / timestamp:

What did I see and why was it smart?

BIGGEST DECISION TO FIX

Quarter / timestamp:

What did I miss? What should I do?

D THE HONEST TAKEAWAY / WHAT I WILL CHANGE

1. One way I helped OR hurt the team that does not appear in my stats:

2. My ONE priority for next practice + exactly what I will do differently in the next game: