

Individual Evaluation Worksheet

HOW ENERGETIC? HOW DOES IT FEEL?

ACTIVITY	INTENSITY RATING 1-10
POSSESSION GAME	
DRIBBLING PRACTICE	
FAST BREAK PRACTICE	
SHOOTING PRACTICE	

INTENSITY RATING	HOW EXERCISE FEELS	BREATHING	INTENSITY	
1 2	EASY	quiet, deep, controlled	LIGHT	
3 4	COMFORTABLE	↓	↓	
5 6	ENERGETIC			MODERATE
7 8	V.ENERGETIC			ENERGETIC
9 10	EXHAUSTING			noisy, gasping