

Basketball Skill Improvement Tracker for Guards

Player Profile

Name

Position

Team

Season/Year

Skill Assessment

| Skill Area | Current Level (1-10) | Target Level | Notes |
|--------------------------|----------------------|--------------|-------|
| Ball Handling | | | |
| Shooting (3pt/Perimeter) | | | |
| Passing & Vision | | | |
| Defense (Perimeter) | | | |
| Finishing at Rim | | | |
| Decision Making | | | |

Weekly Training Log

| Date | Focus Area | Drills/Activities | Duration | Comments |
|------|------------|-------------------|----------|----------|
| | | | | |
| | | | | |

Goal Setting

Short Term Goals

Long Term Goals

Progress & Reflection

Recent Improvements

Areas Needing Attention

Additional Notes