**Ultimate Frisbee Self-Assessment**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **4=Always** | **3=Consistently** | **2=Usually** | **1=Sometimes** |
| Successfully moved to get open |  |  |  |  |
| How often did you catch the disc |  |  |  |  |
| Did you make smart passing decisions |  |  |  |  |
| Communicated with other players positively |  |  |  |  |

