



Player: _____ Team / Group: _____ Date: _____

1

Traffic Light Assessment: Passing to a Moving Teammate

Colour your status after today's drills and compare your confidence with your pre-practice rating.

Side 1: Before Practice

Where were you when you walked onto the court today?



RED

Hesitant /
Unsure



AMBER

Getting There



GREEN

Ready & Fluid

Key observation from start of session:

Side 2: After Practice (Current)

Colour in your rating now after working on the drill:



RED

Still Learning



AMBER

More Consistent



GREEN

Fully Locked In

What difference did you notice during gameplay?

2

Shift in Thinking About Passing

Complete each prompt below to capture how your understanding of passing evolved today.

"I used to think passing was..."

Describe your previous habits, assumptions, or mindset:

"Now I think passing is..."

Describe your breakthrough or new tactical awareness:



Player: _____ Practice Session: _____ Partner: _____

3

🎯 Action Goals: Next Practice & Home

Set one specific on-court commitment and one skill to rehearse at home before next session.

🏠 Next Practice Commitment

Example: "I will cut immediately after every pass without hesitating."

🏠 One Thing I Will Practise at Home

Example: "100 wall passes with both hands focusing on snap & accuracy."

4

👥 Partner Exchange & Peer Feedback

Read your sentences and goals aloud to your partner. Listen to their responses and record feedback below.

Partner's Response

👍 One Thing My Partner Liked About My Plan

Have your partner share what impressed them about your shift or goal:

Teammate Check

🛡️ How We Will Hold Each Other Accountable

How can your partner remind or support you during the next scrimmage?
