

## TOUGHNESS EVALUATION: Are You Really Tough?



Inspired by Jay Bilas (ESPN) Toughness



### **Intangibles:**

01. Stength: Mind/Body/Soul	Yes	No	50/50
02. Play with Honor	Yes	No	50/50
03. Live your Word	Yes	No	50/50
04. Excel in role	Yes	No	50/50
05. First to floor	Yes	No	50/50
06. Run the floor	Yes	No	50/50
07. Finish plays	Yes	No	50/50
08. Take/Give criticism positive	Yes	No	50/50
09. Positive body language	Yes	No	50/50
10. Engaged/Play present	Yes	No	50/50
11. Play Hard/coach has to take you out	Yes	No	50/50
12. Get to teammate first	Yes	No	50/50
13. Responsible for teammates	Yes	No	50/50
14. Responsible for own actions	Yes	No	50/50
15. Next play guy	Yes	No	50/50
16. Hard to play Against/Easy to play with	Yes	No	50/50
17. Every game important	Yes	No	50/50
18. Get better every day/1% rule	Yes	No	50/50

### **Defense:**

19. SVPT - Play man-see ball	Yes	No	50/50
20. Communicate/talk	Yes	No	50/50
21. Keep man in front	Yes	No	50/50
22. Jump to ball	Yes	No	50/50
23. Don't get screened	Yes	No	50/50
24. Gap coverage	Yes	No	50/50
25. Active hands (trace ball/ in passing lanes)	Yes	No	50/50
26. Close out controlled	Yes	No	50/50
27. Box out - Board coverage	Yes	No	50/50
28. Take a charge	Yes	No	50/50

### **Offense:**

29. Share ball	Yes	No	50/50
30. Set clean screen	Yes	No	50/50
31. Set up cuts	Yes	No	50/50
32. Clean passing	Yes	No	50/50
33. Catch and face (shot ready)	Yes	No	50/50
34. Our shot/not your shot	Yes	No	50/50
35. Post man/not a spot	Yes	No	50/50