

Performance Profiling

Purpose:

1. To have athletes self-reflect on their perceived strengths and weaknesses
2. To have athletes become more aware of the attributes to successfully perform at this level

Instructions:

1. Add one additional unique quality to the table and the wheel that you feel adds an important element to the team
2. Then on the performance wheel - Rate your **current perceived ability** in each of the chosen dimensions on a scale of 1 to 10. (10 being the most ideal level for each quality for your Age group, 1 being the lowest possible ability).
3. Color in the wheel with different colors up to the chosen level.
4. There are no right or wrong answers. An honest appraisal of your perceived strengths/weaknesses will help tailor individual goals, programs, roles, etc.
5. Complete this exercise **by yourself – not by asking your teammates.**
6. This exercise can be completed throughout your volleyball career to monitor progress in pursuit of excellence.