
BARRIE ULTIMATE LEAGUE SELF-ASSESSMENT

Rate yourself using the following rubrics as a guide. You should end up with five rankings.

ATHLETICISM

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| 1 | I'm not in very good shape; I'm not all that quick; I'm coming off an injury that affects my athleticism. |
| 2 | I'm not that fast but can still hold my own; I don't have great endurance; I am able to play good defense sometimes. |
| 3 | I'm a good athlete with average speed & endurance; I play good defense most of the time. |
| 4 | I'm a better than average athlete; I hustle on the field, play good defense almost always. |
| 5 | I'm a great athlete; I can jump with, sprint with, and hang with most players; I always play solid defense. |
| 6 | I'm an exceptional athlete. I can out-leap, out-run, and out hustle just about everyone. My defense is suffocating. |
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SKILLS

#	Level	Field Sense / Comfort on the field / Defense	Offense: cutting/catching	Offense: Throwing/Handling	Rules/Strategy
Essential Skills		Where to run, forcing, anticipating where the disc will go, covering the man, covering the zone	basic catching (torso-level, 2-handed), cutting; reading the disc in-air; advanced catching (1-handed, above head, layouts)	backhand, forehand; passing to moving target, lead passing; floating v. hard passes; reacting to defensive coverage, breaking coverage; reading the field, selecting best target;	
1	I've never played ultimate				
2	I'm a rookie	I often get confused on the field.	I've just learned how to pancake catch the disc.	I just learned how to throw.	"Run in any direction, can't run with the disc, catch in the end zone to score. Check."
3	I'm a beginner	I get confused on the field.	I can catch gentle, direct throws.	My passes aren't very confident yet.	I'm getting a hang of the rules, but am not familiar with strategies.
4	I'm an advanced beginner	I'm getting the hang of the game but really appreciate pointers from my team.	I can make basic cuts and usually catch the disc (2-hand) if the pass is good.	I can throw backhand and forehand okay on the sideline but get flustered on the field.	I understand most of the rules and basic man-on-man defense.
5	I'm a low intermediate	I understand the "force" and can usually see where to cut and how to cover my man.	I can make basic cuts, am learning to read the disc, and am beginning to catch the disc (2-hand) with confidence	I can consistently make short passes (backhand + forehand), but my accuracy is poor.	I understand the rules; I'm comfortable with man-on-man D but get confused by zone.
6	I'm middle intermediate	I understand the "force", usually know where to cut and can cover my man	I can make a variety of cuts, am learning to read the disc, and usually catch accurate passes	I can consistently make short passes (backhand + forehand) and attempt long passes with occasional success	I understand the rules; I'm comfortable with both man and zone defense.
7	I'm a high intermediate	I'm getting much better at seeing the flow and getting open on O / shutting down on D.	I make good cuts and catch most passes, and am working on my consistency.	Junior Handler. I'm comfortable picking up the disc, and can consistently make short and long passes (backhand + forehand), but get flustered or make poor choices under pressure.	I'm knowledgeable of the rules and can play man or zone.
8	I'm an advanced player.	I'm super at seeing where the disc is going and how to anticipate and maintain flow; my defensive positioning is great.	I make good cuts with confidence and can catch most passes, but only occasionally make exceptional catches	Handler. I can consistently and accurately make short and long passes (backhand + forehand), even with hard D. I see the field well and usually make good choices.	I'm knowledgeable of the rules and can play man or zone with confidence.
9	I'm an expert player	Expert offense; Iron Curtain defense.	Give me some time and I'll be a 10, but I'm not quite as consistently awesome.	Handler. I can consistently throw the disc—forehand, backhand, hammer—anywhere on the field and rarely make errors.	I'm very knowledgeable of the rules and many offensive and defensive strategies.
10	I'm an ultimate god.	I've got Gretzky-level field-sense; I'm always in the right spot and direct my team's field position.	I'm always making hard cuts; I'll lay out or sky over the tallest player—if it's near me, I'll catch it.	Handler. I can put always put the disc anywhere and anyhow. I don't make mistakes.	I can mentor my team on rules, offensive and defensive strategies.