CLEVELAND 7TH GRADE BASKETBALL

Superpower & Kryptonite

Fill this out and bring it to your first practice.

Player name _____

1 My superpower

What's your best basketball skill? How does it help your team?

Think about quick passes, tough defense, or grabbing rebounds.

2 My kryptonite

What's the one skill you need to work on most to help your team?

Think about dribbling with your other hand, free throws, or talking on defense.

3 My game plan

Use your superpower more and work on your weak spot. Pick one action for each place.

At practice, I will...

At home, I will...

Parents, help your player think of examples. Let them write their own answers.