WEEKLY 1-ON-1 CHECK-IN GUIDE

> *"A player who feels seen will give you everything they have. That happens one conversation at a time."*
>
> – Coach TJ Rosene

HOW TO USE THIS GUIDE:

- When: Choose a consistent rhythm (weekly, bi-weekly, or rotation-based). 5–7 minutes is enough.
- Where: During warm-ups, after practice, in the hallway, over text—wherever feels natural.
- How: Use the prompts below to guide your check-in. Don't rush. Listen more than you speak.

COACH'S CHECKLIST:

Before you start:

1. Glance at their Player Profile.
2. Check recent minutes, effort, attitude, or body language.
3. Bring presence, not just questions.

CORE CHECK-IN PROMPTS

Choose 2–4 each week (mix it up!):

Life & School

- What's been your high and low this week?
- How's school going? Any stress I should know about?
- How's life outside of basketball right now?

Basketball Experience

- How are you feeling about your role on the team?
- What's been going well for you on the court?
- What do you want to work on this week?

WEEKLY 1-ON-1 CHECK-IN GUIDE, CONTINUED

Coach Relationship

- Do you feel like I see and value what you bring?
- Is there anything I can do better as your coach?
- How can I support you this week?

Character & Growth

- What's something you've learned about yourself lately?
- Have you felt challenged in a good way this week?
- What kind of teammate do you want to be known as?

COACH'S REFLECTION *(Optional Notes)*

- **Player's mood/tone:**

- **Any needs, issues, or stress to follow up on:**

- **Something you want to affirm or encourage next practice:**

PLAYER PROFILE WORKSHEET

Name: _____ School & Grade: _____

Jersey Number: _____ Birthday: _____

PERSONAL SNAPSHOT

- **Who's in your family** *(parents, siblings, guardians, pets)***?**
- **What neighborhood do you live in?**
- **What do you enjoy outside of basketball?**
- **Favorite basketball team (beside ours)?**
- **Favorite music, artist, or movie?**
- **Favorite snack or go-to meal?**

PLAYER PROFILE WORKSHEET, CONTINUED

SCHOOL LIFE

- What class or subject do you enjoy most?
- What subject do you find toughest?
- Do you have any career goals or dreams yet?
- Are you involved in other sports, clubs, or school activities?

WELLNESS

- Rate your nutrition:

1 *(poor)* 2 3 4 5 *(excellent)*

- Typical breakfast:
- How many glasses of water per day?
- How many hours of sleep per night?

PLAYER PROFILE WORKSHEET, CONTINUED

- How do you manage stress?

- How many concussions have you had? When was your last one?

- Other significant injuries in the past two years?

BASKETBALL IDENTITY

- Is there a position that you enjoy playing the most?

- What do you see as your biggest strengths on the court?

- What areas are you trying to grow in this season?

- **Which phase of the game is your favorite and why?** *(Choose from Offense, Defense, Transition Offense, Transition Defense)*

PLAYER PROFILE WORKSHEET, CONTINUED

- **Who are your basketball role models** *(pro, college, family, etc.)***?**

- **What goal have you set for yourself this season?**

- **How do you like to be coached?**

- **Describe your ideal team culture?**

- **How do you like to contribute to team culture?**