



COACHING YOUTH
HOOPS

THE YOUTH BASKETBALL COACH'S GUIDE TO FAIR, EFFECTIVE TRYOUTS



Youth 3rd–8th Grade



Tips



Evaluation Rubric



Tryout Practice Plan

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Introduction

If you've been a part of a competitive team before, then you're familiar with the pressure that comes with tryouts. Regardless of the sport, age group, or level, coaches face the daunting task of handpicking a limited number of players to add to their roster for the season.

The Coach's Guide to Effective Tryouts is full of valuable insights to help coaches assess and select team members through an evidence-based methodology. This approach increases the likelihood of a successful season and enhances a coach's confidence in their choices. It's important to keep in mind that every team is unique, with different skill sets, personalities, and coaching styles.

As you navigate your final selections, challenging decisions await you. This guide provides a robust framework to help you make informed choices. It begins with guidance on determining the optimal player count for your team and the most effective strategy for documenting your selection methodology.

The guide then delves into the intricacies of the Player Selection Rubric – an indispensable tool designed to facilitate an impartial evaluation of your players, leading to the creation of your ultimate dream team. Finally, the guide offers valuable tips on effectively communicating your decision regarding player exclusions.



① Determining Roster Size

Basketball coaches have varying opinions on what constitutes the ideal team size, but most agree that a range of 12 to 15 players works best. It's crucial to have a minimum of 10 players at each practice session to ensure effective team preparation. While the occasional absence of 1 or 2 players is understandable, it's wise to select more players if absenteeism is expected to be frequent.

It's important to note that game time minutes are a finite resource for your team. Some coaches make the mistake of overselecting players, leading to dissatisfaction among those who receive limited playing opportunities. While it's inevitable that some players will enjoy more time on the court than others, it's prudent to exercise caution when considering the inclusion of players who will have little to no chance of participating in games.

All things considered, 12 players is a suitable team size for most high school and below level teams. For more advanced and competitive teams, an expansion to 15 players is feasible. However, it's crucial to manage playing time expectations, especially for players in the end of the substitution rotation.



② Documentation

To ensure a fair and unbiased tryout process, many teams have instituted a regulation that requires coaches to keep detailed records on player selections. Rather than considering this an unnecessary task, view it as an opportunity to enhance your decision-making process. Thorough documentation forces you to objectively assess each player based on a standardized set of criteria. As a result, you will be able to construct a more proficient team. See page 9 for the player evaluation rubric.

③ Team Selection Criteria

Assembling the perfect team can be a daunting task. But with my Player Evaluation Rubric (see page 9), the process becomes more systematic and evidence-based.

Here's how it works:

- Determine 3 to 5 distinct selection criteria
- Assign a weight to each criterion based on their relative significance
- Evaluate each player on a scale of 1 to 5 for each criterion
- Calculate a cumulative weighted score for every player by summing up the weighted scores across all criteria
- Use the calculated score as a tool to aid in the team selection process



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Positional Proficiency

When selecting players for your basketball team, the most critical factor to consider is their positional proficiency. Rather than assembling a team of solely diminutive point guards or lumbering centers, your goal should be to curate a diverse ensemble of players with a harmonious blend of skills that can fulfill each of the five positions on the court.

Follow these steps to assemble a talented team:

- Identify the positions that best suit each player's abilities during tryouts, referring to the criteria for each of the five positions.
- Evaluate every player's alignment with the specified criteria to determine their level of proficiency.

Point Guard (PG):

- A 12-player youth team should have a minimum of 2 point guards.
- The point guard is responsible for handling the ball and directing teammates on the court.
- They must possess a comprehensive grasp of basketball tactics, in addition to adept dribbling and passing skills.
- A point guard must also be proficient in on-the-ball defense and scoring efficiency.
- Mental toughness is critical since point guards often shoulder high-pressure ball-handling responsibilities.



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**Positional
Proficiency**

Shooting Guard (SG):

- A 12-player team should have at least 2 shooting guards.
- Shooting guards must be confident in the open court and possess outside shooting skills, including three-point range.
- They should be capable of scoring off the dribble, effective defense, and contributing to fast breaks.

Small Forward (SF):

- For a 12-player team, having at least 2 small forwards is advisable.
- Small forwards are versatile players who can serve as off guards or power forwards.
- They should be capable of scoring and have a repertoire of offensive skills, including ball-handling proficiency to counter full-court pressure.
- Small forwards should also be able to demonstrate shooting accuracy from distances of at least 15 feet and exhibit slashing abilities to beat defenders off the dribble.

Power Forward (PF) & 5. Center (C):

- A 12-player team should ideally have 4 or 5 post players.
- Their physical strength and aggression are pivotal for effective defense against opposing players of substantial stature.
- Proficiency in rebounding, coupled with the ability to establish and hold positions beneath the basket, is fundamental.
- Effective post players exhibit refined footwork and deft hand movements, permitting them to score amidst intense defensive pressure.



5 Attitude & Coachability

In basketball, teamwork is essential for success, and the right attitude and coachability are just as important as skill set. Unfortunately, some players prioritize personal achievements over team victories, or they may display a lackadaisical attitude. Others might resist taking advice from the coaching staff.

During tryouts, it's crucial to look for subtle indicators of poor attitude or resistance to coaching. Incorporating rigorous drills and defensive exercises into the tryout program can help identify these issues. In severe cases, it's not advisable to select such players, as their negative attitude can harm team cohesion. For less severe cases, close attention and mentorship can prevent the player's attitude from affecting team morale.

Players with outstanding attitudes but lack dominant skills can add value to the team. While they may spend more time on the bench, their diligence and enthusiasm can motivate starters to engage wholeheartedly in practice sessions. When filling the last one or two positions on a team, an underskilled player with a zealous disposition is preferable to a talented troublemaker.

Remember, it's essential to pay attention to a player's disposition and coachability during the selection process. A symphony of cooperation among team members is essential to reach a common goal.



6 Making Cuts

Announcing cuts can be one of the most challenging and anxiety-inducing aspects of tryouts. It requires a delicate touch and a considerate approach, as many of us can recall negative experiences from our younger years.

When making these difficult decisions, providing feedback is a crucial consideration. Within your Player Performance Rubric, ensure the Comments section is filled with specific recommendations for each player's skill improvement. It's also recommended to hold private meetings with each player who didn't make the cut, either in person or by phone, to clearly explain the reasons for non-selection and outline areas for improvement. This practice not only provides constructive guidance but also fulfills any documentation requirements mandated by schools for team cuts.

Some coaches may choose to post the team roster publicly and have players check to see if they've made the cut. If you use this method, it's important to actively encourage those not selected to engage in private conversations with you to explore their specific avenues for growth and improvement.

Regardless of the approach, the goal is to provide players with valuable insights and constructive directions for their ongoing development. This contributes to a supportive and respectful environment that nurtures progress while preserving the players' dignity.



7 Athleticism

Building a successful team requires more than just athletic ability. While some players may have impressive physical talents, they may not have a deep understanding of the game. Others with great potential may struggle with basic skills. Coaches face a complex task in navigating these factors to create a cohesive team.

While it's not wise to rely solely on physical attributes, some may prioritize players with the potential to become future stars. However, the best approach depends on your team's specific objectives. For instance, if you're leading a high school freshman program or below, your goal should be to develop talent and instill fundamentals. Alternatively, if your objective is to win a championship, immediate contributions may be more important.

Selection Criteria

I weigh each of the 3 selection criteria I explained above accordingly. I combine that with the Player Performance Evaluation scores (page 9) to help me determine my roster with a fact-based approach.

1. Positional Skill - 60%
2. Attitude & Coachability - 30%
3. Athleticism and Potential - 10%

Player Performance Evaluation

Evaluator: _____

Player Information		Experience
_____ First Name	_____ Last Name	
_____ Date of Birth	_____ Grade	
_____ Height	_____ Weight	

Evaluation

Mark rating for each category (1 = needs improvement; 5 = outstanding).

Shooting	① ② ③ ④ ⑤
___ Lay-up*	
___ Mechanics & Arc*	
___ 2-point range	
___ 3-point range	
___ Catch & shoot	
___ Shoot off dribble	
___ Use of weak hand	

Dribbling	① ② ③ ④ ⑤
___ Maintains control *	
___ Sees the court *	
___ Goes both ways	
___ Handles pressure	
___ Speed	
___ Dribbles with purpose	
___ Penetrates to hoop	

Passing	① ② ③ ④ ⑤
___ Timing*	
___ Catching *	
___ Avoids turnovers	
___ 2 handed	
___ 1 handed	
___ Bounce pass	
___ Overhead	

Defense	① ② ③ ④ ⑤
___ Position*	
___ Transition*	
___ Stance	
___ On ball	
___ Off ball	
___ Closes out	
___ Help	
___ Recover to man	

Rebounding	① ② ③ ④ ⑤
___ Anticipates *	
___ Goes for the ball*	
___ Boxes out	
___ Finds the right spot	
___ Protects/chins the ball	

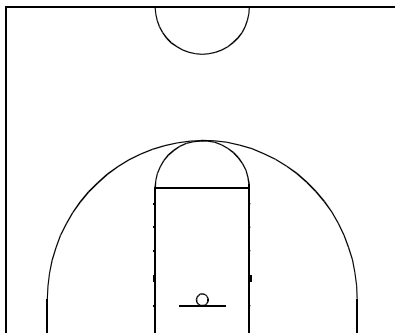
Athletic Ability	① ② ③ ④ ⑤
___ Speed	
___ Quickness	
___ Stamina	
___ Coordination	

Game Play	① ② ③ ④ ⑤
___ Court Sense	
___ Team play / assists*	
___ Vision*	
___ Anticipation*	

Coachability	① ② ③ ④ ⑤
___ Attitude	
___ Accepts criticism	
___ Focus	
___ Interaction with teammates	
___ Team play	
___ Work ethic	

Overall Strengths*	① ② ③ ④ ⑤
___ Defense	
___ Dribbling	
___ Passing	
___ Rebounding	
___ Shooting	
___ Court sense	

* check all that apply



Comments / Recommendations

Place an "O" where player would be most successful on offense.
Place an "X" where player would be most successful on defense.

Player Number

Rating scale: ① Needs improvement ② Below average ③ Average ④ Above average ⑤ Outstanding



**3rd to 5th Grade /
8 to 11 years old**

EVALUATION PRACTICE PLAN



Find more practice plans and coaching tips → <http://CoachingYouthHoops.com>

Grade: 3rd-5th

Practice Length: 90-120 Minutes

Post Practice Huddle: Who was exceptional today? What did you learn today?

Practice:

Team Name:

Day: S M T W TH F S

Notes:

Drill		Description	Details			
Warmup						
5 minutes	<p>Dynamic Warmup</p> <p>Good For:</p> <p>raise the body's core temp, lower the risk of injuries (ACL, knee, ankle), and improve athleticism (balance, joint mobility, body control, strength, agility, flexibility)</p> <p>Get the athletes moving and warmed-up</p>	<p>Watch Video</p> 	<p>Stage</p> <p>Teach</p> <p>Progression</p> <p>3v3</p> <p>Constraint</p> <p>Key Teaching Points</p>	<p>Primary Skill</p> <p>Warmup</p> <p>Secondary Skill</p> <p>Dynamic Movement</p> <p>Credit</p> <p>DeepGame</p>		
	5 Total					
	Skill Work					
	5 minutes	<p>Dribbling Warmup</p> <p>Good For:</p> <p>Ball control</p> <p>Great warmup exercise. Do each for 30 seconds The coach will make hand motions signaling what the players should do next.</p> <ul style="list-style-type: none"> • 1 Finger can stand for dribble with Right Hand • 2 Fingers mean dribble with Left Hand • Coach pointing to Right means dribble to the Right • Coach pointing to Left means dribble to Left • Coach pointing Forward means dribble Forward • Coach pointing Backwards means dribble backward 	<p>Watch Video</p> 	<p>Stage</p> <p>Teach</p> <p>Progression</p> <p>3v3</p> <p>Constraint</p> <p>Key Teaching Points</p>	<p>Primary Skill</p> <p>Ball Handling</p> <p>Secondary Skill</p> <p>Dynamic Movement</p> <p>Credit</p> <p>NBA Basement</p> <p>Dribble with head up</p>	
		5 Total				
5 minutes		<p>4 Corner Pivot & Pass</p> <p>Good For:</p> <p>Passing and receiving skills as well as teaching how to pivot properly.</p> <ul style="list-style-type: none"> • The drill begins with players lining up in four lines, two lines at the baseline and two on the sideline extended from the top of the three point line. The players in the front of the lines will begin with a basketball (as represented by the four players with a circle around them on the right). • All four players with the ball will dribble with their right hand only to the center of the key. • When the players get to the key they will jump stop and pivot on their right foot and step through with their left foot. • All four players will make a chest pass to 	<p>Watch Video</p> 	<p>Stage</p> <p>Teach</p> <p>Progression</p> <p>3v3</p> <p>Constraint</p> <p>Key Teaching Points</p>	<p>Primary Skill</p> <p>Footwork</p> <p>Secondary Skill</p> <p>Passing</p> <p>Credit</p> <p>Breakthrough Basketball</p> <p>To progress the drill, you can teach your players how to reverse pivot and have them incorporate the reverse pivot into the passing scheme. Similar to the steps above, the drill will be run with a right handed dribble, a reverse pivot on the right foot and a pass to the player in a counter clockwise rotation. The drill can also be run with a left handed dribble, a reverse pivot on the left foot and a pass to the player in a clockwise rotation.</p>	
		10 Total				

Transition to Offense			Stage	Primary Skill
10 minutes	<p>Full Court Zig Zag Dribble Relay</p> <p>Good For:</p> <p>Ball handling under pressure.</p> <p>Break your team into 2 groups. Place cones down the length of the court in a zig zag pattern. From a starting point, the players dribble to each cone and end in a made a layup (practice different finishing moves). Player gets her own rebound dribbles back tagging the next player who then races downcourt next. Once a player is done, the player goes to the end of the line and sits. The first team that has completed the race and has all players sitting is the winner.</p>		Teach	Ball Handling
			Progression	Secondary Skill
			3v3	Agility
			Constraint	Credit
			Coach Bill	
			Key Teaching Points	
			Stay tight to the cones. Emphasize staying low on change of direction. Variations: 1.) Remove the cones 2.) Rotate through different dribbling and finishing moves at each cone.	
10 minutes	<p>Long Layups</p> <p>Good For:</p> <p>Develop ball handling, shooting and passing skills.</p> <ul style="list-style-type: none"> Distance of the pass should be adjusted according to age level. Split the team into two lines. One on the right side at half court and one on the left side. Give each line one ball. The person at the front of the line will sprint down the right side of the court, dribbling the basketball and attempt a fast break lay up. After attempting the lay up, the shooter grabs their own rebound, takes two dribbles in the other direction and throws a baseball pass to the next person standing in the opposite line. This person catches the ball, sprints down the right side dribbling, and attempts a lay up. They then pass the ball to the next person in the opposite line, and so on. Both lines are to work as a team and count how many lay ups are made. 		Teach	Layups
			Progression	Secondary Skill
			3v3	Conditioning
			Constraint	Credit
			Breakthrough Basketball	
			Key Teaching Points	
			Stress that players keep their heads up when dribbling and use proper footwork when attempting the lay up. Also stress correctly passing the ball to a teammate by leading the pass out in front of them.	
20	Total			

Offense																			
10 minutes	<p>Half Court Jump Shot Relay</p> <p>Good For:</p> <p>Shooting under pressure</p> <ul style="list-style-type: none"> • Divide your team into 2 groups. Each group lines up in a straight line at half court and the first person in each group has a ball. • On your go, the first person in each group dribbles down court towards the basket stops at the cone and shoots a jump shot. After making the shot (or after 2 attempts at making a shot) the players rebound their basketball and dribble back to half court, passing the ball to the next person in line. • The next players in line then repeat the drill, until all have had a turn. • Progression 1. Add a dribble move between halfcourt and the cone • Progression 2. Incorporate a timed element to the drill 		<table border="1"> <tr> <th>Stage</th> <th>Primary Skill</th> </tr> <tr> <td>Teach</td> <td>Shooting</td> </tr> <tr> <td>Progression</td> <td>Secondary Skill</td> </tr> <tr> <td>3v3</td> <td>Transition</td> </tr> <tr> <td>Constraint</td> <td>Credit</td> </tr> <tr> <td colspan="2">Coach Youth Basketball</td> </tr> <tr> <th colspan="2">Key Teaching Points</th> </tr> <tr> <td colspan="2">Get set on your shot.</td> </tr> </table>	Stage	Primary Skill	Teach	Shooting	Progression	Secondary Skill	3v3	Transition	Constraint	Credit	Coach Youth Basketball		Key Teaching Points		Get set on your shot.	
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10 minutes	<p>St Joe's 1v1</p> <p>Good For:</p> <p>Ball handling and defense</p> <ul style="list-style-type: none"> • Groups of 2-5. Offense starts on the baseline in a line about 2 steps off the lane line toward the side line. The defense starts on the baseline about 2-3 steps farther toward the sideline from the offensive group. Each line has a chair across from it at half court. On coaches or defender's "Go" call, the offense dribbles as fast as they can out to the chair, dribbles around it (outside to inside) and attacks the basket as quickly as possible. As that is happening the defender is racing around his chair (outside to inside). They play 1 on 1 form there. • Work on attacking the rim and making dribble moves (cross over) based on the position of the defense. If the defender is straight up, attack hard if cut off change hands and attack again. If the defender is shading you ball side, attack and change. If the defender is shading you not ball side blow by or fake crossover and blow by. Work on finishing off of two different ways at the rim. You can add double moves as well. 		<table border="1"> <tr> <th>Stage</th> <th>Primary Skill</th> </tr> <tr> <td>Teach</td> <td>1:1 Moves</td> </tr> <tr> <td>Progression</td> <td>Secondary Skill</td> </tr> <tr> <td>3v3</td> <td>1:1 Defense</td> </tr> <tr> <td>Constraint</td> <td>Credit</td> </tr> <tr> <th colspan="2">Key Teaching Points</th> </tr> <tr> <td colspan="2">Teach players to drive in a straight line, attack with shoulder to hip, and read the defender's close out. Teach players to use different ways to finish around the rim.</td> </tr> </table>	Stage	Primary Skill	Teach	1:1 Moves	Progression	Secondary Skill	3v3	1:1 Defense	Constraint	Credit	Key Teaching Points		Teach players to drive in a straight line, attack with shoulder to hip, and read the defender's close out. Teach players to use different ways to finish around the rim.			
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10 minutes	<p>Give & Go</p> <p>Good For:</p> <p>Early stage offense</p> <ul style="list-style-type: none"> • 2 lines outside of 3-pt line • Coach is stationed at the elbow • After 1 makes pass player at wing, does any way cut and back through to strong side. • Wing passes to the cutting 1 person without touching the coach's hand and makes a layup. 		<table border="1"> <tr><th>Stage</th><td>Primary Skill</td></tr> <tr><th>Teach</th><td>Passing</td></tr> <tr><th>Progression</th><td>Secondary Skill</td></tr> <tr><th>3v3</th><td>Cuts</td></tr> <tr><th>Constraint</th><td>Credit</td></tr> <tr><th colspan="2">Key Teaching Points</th></tr> <tr><td colspan="2">Strong pass to wing. Hard away followed by planting outside foot to cut back in and end with a layup.</td></tr> </table>	Stage	Primary Skill	Teach	Passing	Progression	Secondary Skill	3v3	Cuts	Constraint	Credit	Key Teaching Points		Strong pass to wing. Hard away followed by planting outside foot to cut back in and end with a layup.			
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10 Minutes	<p>In & Out Crossover & Shoot Drill</p> <p>Good For:</p> <p>Get open to create a shot</p> <ul style="list-style-type: none"> • Place a cone(s) on the court to act as a defender. The cone can be placed anywhere based on the shooting ability of your time. • Form one or more lines behind each cone • Players dribble to cone, do an in & out move followed by crossover and shoot. • Defender can be a coach and increase the defenders aggressiveness as the kids progress 	<p>Watch Video</p>	<table border="1"> <tr><th>Stage</th><td>Primary Skill</td></tr> <tr><th>Teach</th><td>Shooting</td></tr> <tr><th>Progression</th><td>Secondary Skill</td></tr> <tr><th>3v3</th><td>Ball Handling</td></tr> <tr><th>Constraint</th><td>Credit</td></tr> <tr><th colspan="2">Key Teaching Points</th></tr> <tr><td colspan="2"> <ul style="list-style-type: none"> • Quick In & Out move. Move the ball from knee to knee. • Crossover should be low and hard • As the dribbler attacks on the crossover, should be low and have the ball protected. </td></tr> </table>	Stage	Primary Skill	Teach	Shooting	Progression	Secondary Skill	3v3	Ball Handling	Constraint	Credit	Key Teaching Points		<ul style="list-style-type: none"> • Quick In & Out move. Move the ball from knee to knee. • Crossover should be low and hard • As the dribbler attacks on the crossover, should be low and have the ball protected. 			
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40	Total																		
Special Plays																			
10 minutes	<p>Scrimmage</p> <p>Good For:</p> <p>Game-like situations</p> <p>Focus the scrimmage on ONE thing you coached during the practice. Stop when players need correction on that one skill you are emphasizing.</p>	3v3v3 Scrimmage, half court	<table border="1"> <tr><th>Stage</th><td>Primary Skill</td></tr> <tr><th>Teach</th><td></td></tr> <tr><th>Progression</th><td>Secondary Skill</td></tr> <tr><th>3v3</th><td></td></tr> <tr><th>Constraint</th><td>Credit</td></tr> <tr><td colspan="2">Coach Bill</td></tr> <tr><th colspan="2">Key Teaching Points</th></tr> <tr><td colspan="2"></td></tr> </table>	Stage	Primary Skill	Teach		Progression	Secondary Skill	3v3		Constraint	Credit	Coach Bill		Key Teaching Points			
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**6th to 8th Grade /
12 to 14 years old**

EVALUATION PRACTICE PLAN



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Grade: 6th - 8th

Practice Length: 90 to 120 Minutes



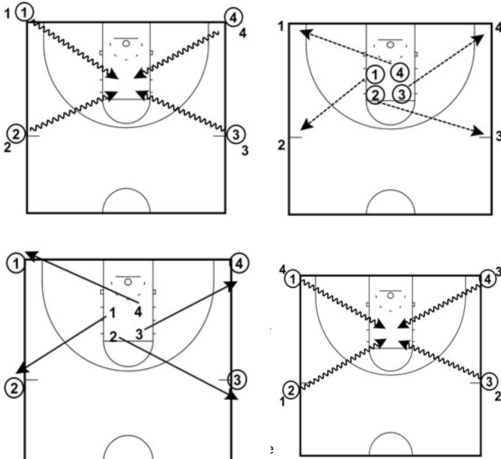
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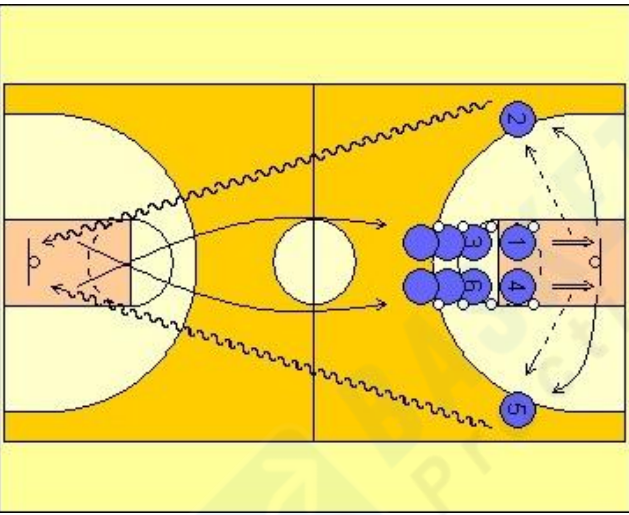
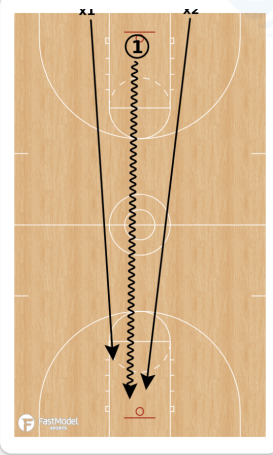
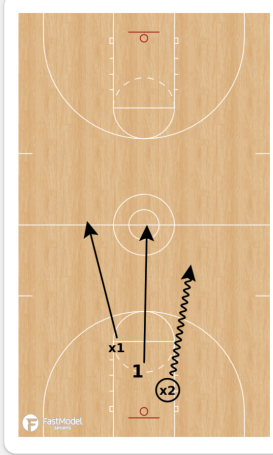
Practice:

Team Name:

Day: S M T W TH F S

Notes:

Drill		Description	Details	
Warmup				
5 minutes	Dynamic Warmup	<p style="text-align: center;"><u>Watch Video</u></p> 	Stage	Primary Skill
	Good For:		Teach	Warmup
	raise the body's core temp, lower the risk of injuries (ACL, knee, ankle), and improve athleticism (balance, joint mobility, body control, strength, agility, flexibility)		Progression	Secondary Skill
	Get the athletes moving and warmed-up		3v3	Dynamic Movement
			Constraint	Credit
			DeepGame	
			Key Teaching Points	
5 Total				
Skill Work				
5 minutes	Dribbling Warmup	<p style="text-align: center;"><u>Watch Video</u></p> 	Stage	Primary Skill
	Good For:		Teach	Ball Handling
	Ball control		Progression	Secondary Skill
	Great warmup exercise. Do each for 30 seconds The coach will make hand motions signaling what the players should do next. • 1 Finger can stand for dribble with Right Hand • 2 Fingers mean dribble with Left Hand • Coach pointing to Right means dribble to the Right • Coach pointing to Left means dribble to Left • Coach pointing Forward means dribble Forward • Coach pointing Backwards means dribble backward		3v3	Dynamic Movement
			Constraint	Credit
			NBA Basement	
			Key Teaching Points	
			Dribble with head up	
5 Total				
5 minutes	4 Corner Pivot & Pass	<p style="text-align: center;"><u>Watch Video</u></p> 	Stage	Primary Skill
	Good For:		Teach	Footwork
	Passing and receiving skills as well as teaching how to pivot properly.		Progression	Secondary Skill
	• The drill begins with players lining up in four lines, two lines at the baseline and two on the sideline extended from the top of the three point line. The players in the front of the lines will begin with a basketball (as represented by the four players with a circle around them on the right). • All four players with the ball will dribble with their right hand only to the center of the key. • When the players get to the key they will jump stop and pivot on their right foot and step through with their left foot. • All four players will make a chest pass to		3v3	Passing
			Constraint	Credit
			Breakthrough Basketball	
			Key Teaching Points	
			To progress the drill, you can teach your players how to reverse pivot and have them incorporate the reverse pivot into the passing scheme. Similar to the steps above, the drill will be run with a right handed dribble, a reverse pivot on the right foot and a pass to the player in a counter clockwise rotation. The drill can also be run with a left handed dribble, a reverse pivot on the left foot and a pass to the player in a clockwise rotation.	
10 Total				

Transition to Offense		Stage	Primary Skill																
5 minutes	<p>Rebound Outlet & Layup</p> <p>Good For:</p> <p>Rebounding & Outlet Passing</p> <ul style="list-style-type: none"> Form two lines at both elbows, facing the basket. All players in the lines get a ball. Two more players (without the ball) stand at both foul line extended. The first players in each line (1 and 4 in the diagram) throw the ball off the board, get the rebound and make an outlet pass to the players at foul line extended (1 and 5). Players 1 and 4 move to foul line extended. Players 2 and 5 catch the ball and dribble full court making a lay-up at the far basket. No more shooting attempts are allowed. They get their rebound and switches lines. Players 3 and 6 repeat the same pattern passing the ball to 1 and 4 etc.. The drill continues for five minutes or until a given number of basket are made. <p>Variations</p> <p>Set some cones on the floor and add</p>		<table border="1"> <tr><td>Teach</td><td>Passing</td></tr> <tr><td>Progression</td><td>Secondary Skill</td></tr> <tr><td>3v3</td><td>Rebounding</td></tr> <tr><td>Constraint</td><td>Credit</td></tr> <tr><td colspan="2" style="text-align: center;">Breakthrough Basketball</td></tr> <tr><td colspan="2" style="text-align: center;">Key Teaching Points</td></tr> <tr><td colspan="2"> <ul style="list-style-type: none"> Players must jump and catch the ball as high as they can. Their arms are fully extended. Timing and coordination are very important. Protect the ball by securing it under the chin with elbows spread. Pivot to the outside and make sharp outlet passes. The player in the outlet position should yell "outlet" (or "ball" or anything you like...) and show his hands as a target for the pass. </td></tr> </table>	Teach	Passing	Progression	Secondary Skill	3v3	Rebounding	Constraint	Credit	Breakthrough Basketball		Key Teaching Points		<ul style="list-style-type: none"> Players must jump and catch the ball as high as they can. Their arms are fully extended. Timing and coordination are very important. Protect the ball by securing it under the chin with elbows spread. Pivot to the outside and make sharp outlet passes. The player in the outlet position should yell "outlet" (or "ball" or anything you like...) and show his hands as a target for the pass. 			
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10 minutes	<p>Wolf 1v2 to 2v1</p> <p>Good For:</p> <p>Finish under pressure</p> <ul style="list-style-type: none"> One player on offense, two players on defense. Give offense greater advantage by starting them further from defense or make it more difficult by making them even with defense. Drill starts on offensive player's movement. Offense tries to get a layup on the opposite end. After layup: Offensive player is on defense and defensive players are now on offense. 2 on 1 going the opposite direction. Defender should "cat and mouse" to try and slow down offense. Offense should stay spaced and aim to make defender commit and give up basket. 	<p style="text-align: center;">Watch Video</p> <div style="display: flex; justify-content: space-around;">   </div>	<table border="1"> <tr><td>Stage</td><td>Primary Skill</td></tr> <tr><td>Teach</td><td>Fast Break</td></tr> <tr><td>Progression</td><td>Secondary Skill</td></tr> <tr><td>3v3</td><td>1:1 Defense</td></tr> <tr><td>Constraint</td><td>Credit</td></tr> <tr><td colspan="2" style="text-align: center;">FastModel Sports</td></tr> <tr><td colspan="2" style="text-align: center;">Key Teaching Points</td></tr> <tr><td colspan="2"> <p>1v2: Push the ball out front. Limit number of dribbles. 2v1: defenders should be staggered on their finish (example: one at elbow one on block) making it difficult for one defender to guard two.</p> </td></tr> </table>	Stage	Primary Skill	Teach	Fast Break	Progression	Secondary Skill	3v3	1:1 Defense	Constraint	Credit	FastModel Sports		Key Teaching Points		<p>1v2: Push the ball out front. Limit number of dribbles. 2v1: defenders should be staggered on their finish (example: one at elbow one on block) making it difficult for one defender to guard two.</p>	
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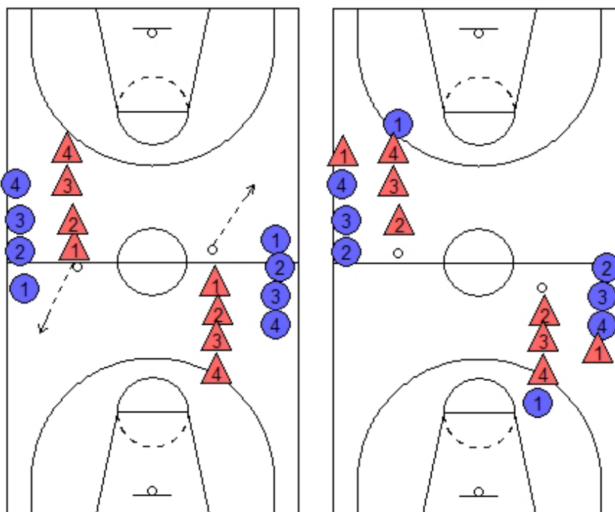
Offense

Pressure Layups

Good For:

Teaching lay ups in high pressure situations.

- Distance of the pass should be adjusted according to age level.
- Divide the group into four lines that stand at half court. Two on the right side and two on the left side.
- The inside lines on the right and left sides of the court have one ball each. The first person in the inside line passes the ball to the first person in the outside line, who then dribbles the ball down the right side and attempts a lay up.
- After releasing the ball, the passer must sprint to catch the person trying to attempt the lay-up and apply pressure on the player.
- After the lay up is attempted, the two players now run to the two lines on the other side of the court and switch sides (see diagram).
- Progression. Turn this drill into a Transition to Defense workout by giving the defense a little head start to the basket.



Stage	Primary Skill
Teach	Layups
Progression	Secondary Skill
3v3	Conditioning
Constraint	Credit

Key Teaching Points

Remind players to push the ball out in front of their bodies when they speed dribble. They also need to be reminded to keep their heads up and shield the defender from the ball when attempting the lay up.

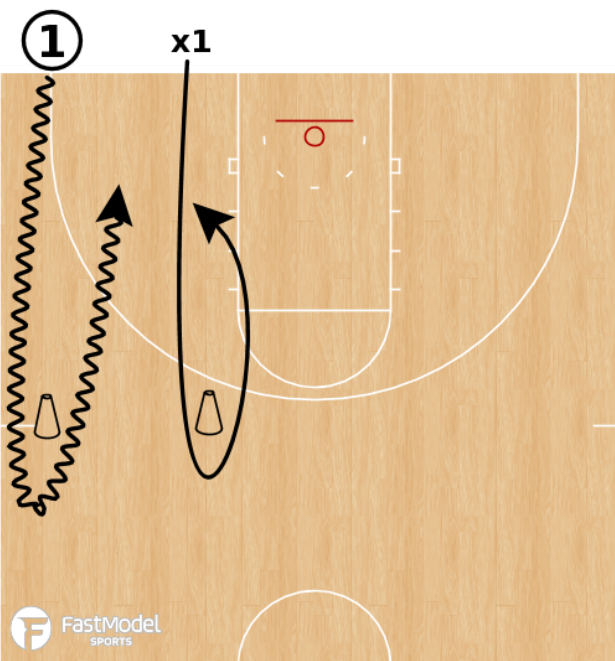
10 minutes

St Joe's 1v1

Good For:

Ball handling and defense

- Groups of 2-5. Offense starts on the baseline in a line about 2 steps off the lane line toward the side line. The defense starts on the baseline about 2-3 steps farther toward the sideline from the offensive group. Each line has a chair across from it at half court. On coaches or defender's "Go" call, the offense dribbles as fast as they can out to the chair, dribbles around it (outside to inside) and attacks the basket as quickly as possible. As that is happening the defender is racing around his chair (outside to inside). They play 1 on 1 form there.
- Work on attacking the rim and making dribble moves (cross over) based on the position of the defense. If the defender is straight up, attack hard if cut off change hands and attack again. If the defender is shading you ball side, attack and change. If the defender is shading you not ball side blow by or fake crossover and blow by. Work on finishing off of two different ways at the rim. You can add double moves as well.



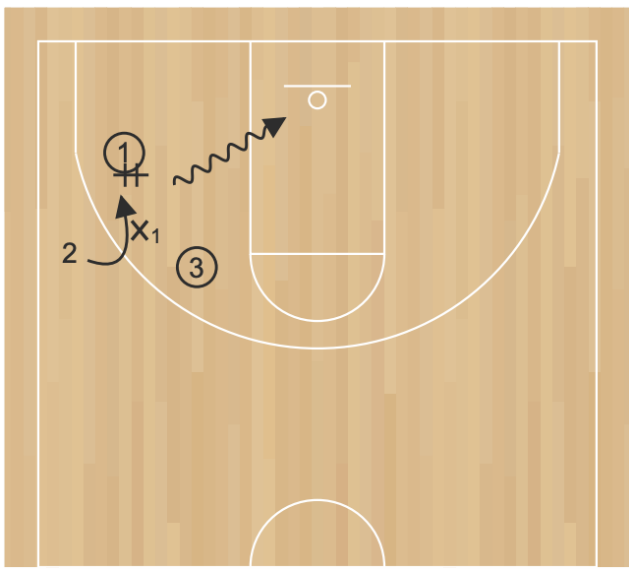
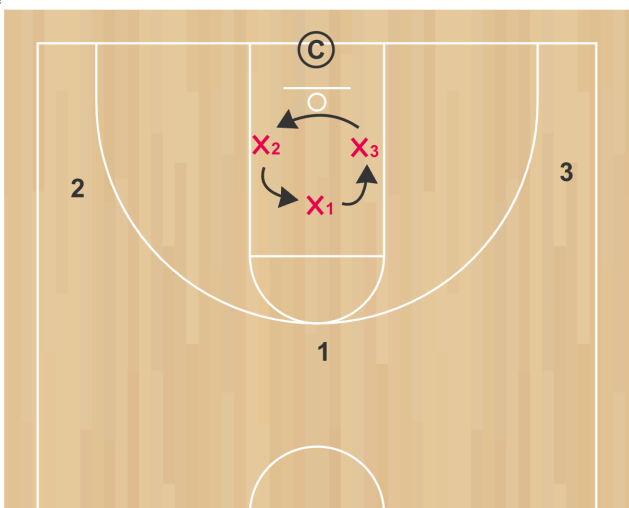
Stage	Primary Skill
Teach	1:1 Moves
Progression	Secondary Skill
3v3	1:1 Defense
Constraint	Credit

Key Teaching Points

Teach players to drive in a straight line, attack with shoulder to hip, and read the defender's close out. Teach players to use different ways to finish around the rim.

10 minutes



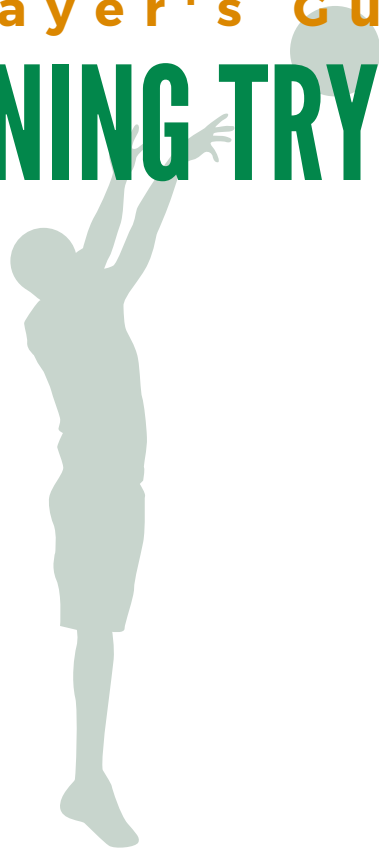
10 minutes	<p>Shake Your Shadow 1v1</p> <p>Good For:</p> <p>Change of Speed, Being Deceptive</p> <ul style="list-style-type: none"> Requires 4 people. Two people holding a ball across from one another. Ball holders are stationary. One person on defense. One person on offense. Players are just outside the key. Offensive player uses fakes to 'get open' and grab the ball from one of the players to her left or right. Upon successful retrieval of the ball, player drives or creates a shot opportunity. Players rotate with the offensive player going to defense. Player that had ball taken is now offense. Progression 1: As soon as the action is over and the offense scores or the defender gets a stop, leave the ball (a waiting player will come and secure it for safety). The players have to race to the ball on the other chair and play 1v1. This encourages players to quickly sprint into the next action. Progression 2: 2v2, next progression from Load 3. As soon as the offensive player chooses a player to receive the ball from, they work together as a pair. The other screener that is not used becomes the second defender. Offense have to try and score before the second defender can get back into the play. 	<p>Watch Video</p> 	<table border="1"> <tr><th>Stage</th><th>Primary Skill</th></tr> <tr><td>Teach</td><td>1:1 Moves</td></tr> <tr><td>Progression</td><td>Secondary Skill</td></tr> <tr><td>3v3</td><td>Footwork</td></tr> <tr><td>Constraint</td><td>Credit</td></tr> </table>	Stage	Primary Skill	Teach	1:1 Moves	Progression	Secondary Skill	3v3	Footwork	Constraint	Credit
	Stage	Primary Skill											
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Constraint	Credit												
<p>Key Teaching Points</p> <p>Stress hard cuts and efficiency on creating a scoring opportunity</p>													
10 minutes	<p>3v3 Scramble</p> <p>Good For:</p> <p>Recognizing an advantage on offense & defensive closeouts</p> <ul style="list-style-type: none"> The coach starts with the basketball with two to four defenders jogging in a circle inside the paint. The coach passes to any of the perimeter players spaced behind the three-point line. On the pass, the defense is now in a closeout situation, which gives the offense an advantage to start the game. It's up to the offensive players to use or transfer that advantage for a high value shot. Progression 1: One a defense stop or turnover, defense transitions to offense. Make it a full court 3v3. Progression 2: Add in additional players to make it 5v5 		<table border="1"> <tr><th>Stage</th><th>Primary Skill</th></tr> <tr><td>Teach</td><td>Team Offense</td></tr> <tr><td>Progression</td><td>Secondary Skill</td></tr> <tr><td>3v3</td><td>Close Outs</td></tr> <tr><td>Constraint</td><td>Credit</td></tr> </table>	Stage	Primary Skill	Teach	Team Offense	Progression	Secondary Skill	3v3	Close Outs	Constraint	Credit
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Teach	Team Offense												
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Constraint	Credit												
<p>Key Teaching Points</p> <p>Take high percentage shot or score. On defense emphasize a strong closeout and help defense</p>													
30	Total												

Special Plays				
10 minutes	Scrimmage	3v3v3 Scrimmage, half court	Stage	Primary Skill
	Good For:		Teach	
	Game-like situations		Progression	Secondary Skill
	Focus the scrimmage on ONE thing you coached during the practice. Stop when players need correction on that one skill you are emphasizing.		3v3	
			Constraint	Credit
			Coach Bill	
Key Teaching Points				
20 minutes	Scrimmage	5v5v5 Scrimmage full court	Stage	Primary Skill
	Good For:		Teach	
	Game-like situations		Progression	Secondary Skill
	Focus the scrimmage on ONE thing you coached during the practice. Stop when players need correction on that one skill you are emphasizing.		3v3	
			Constraint	Credit
			Coach Bill	
Key Teaching Points				
30	Total			

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A Player's Guide to
WINNING TRYOUTS





Zero Talent Required

- Attitude
- Energy
- Being on Time
- Work Ethic
- Coachable
- Being a Leader



Do What You Do Well

- **Rebounding:** Prioritize grabbing rebounds if you excel.
- **Shooting:** Confidently take open shots if you're a good shooter.
- **Finishing:** Attack the open lane if you're a strong finisher.
- **Ball-Handling:** Stick to simple passes and moves if you're effective.
- **Shot Selection:** Avoid shots you're not comfortable with, especially 3-pointers. Initial impressions last, so start strong. Aim for 7 out of 10 accurate shots during tryouts.



Hustle!

Commit to the hustle mentality. Dive for the ball, box out, sprint, and communicate.

Communicate on defense and offense. Be loud and do it often.

Every player can and should do these little things that make teams great. This is why you see players who aren't skilled make the team. They're willing to do the little things that make teams good or great.



Make a Remarkable First Impression

- **Stand out:** Sprint to the coach at tryouts, maintaining eye contact.
- **Physical Distinction:** Wear bright clothing to avoid blending in with others. This attention to detail can set you apart and gain the coach's attention.



Avoid Flash!

- Avoid flashy plays; focus on what you do well.
- Effective communication matters more. Makeup where you lack in skill with communication. Coaches love that!

Arrive Early

- Early arrival reflects dependability.
- Proper warm-up is essential for peak performance.
- First impressions hold significance.
- Coaches notice dedication and readiness.

Be A Great Teammate

- Challenge your teammates to make the team better.
- Spread positivity with a good attitude.
- Show sportsmanship by helping players and playing cleanly.
- Coaches value players who enhance the team's environment and performance.

Next Play!

- Bounce back from mistakes:
- Mistakes are normal; don't dwell on them.
- Focus on the next play.
- Top players stay positive, preventing a chain of errors.
- Resilience and quick recovery matter.

Don't Be Shy

- Talking to the coach matters.
- Express your desire to make the team.
- Ask about the team's needs. It shows commitment and care, increasing your chances.

Prioritize Health

- Basketball demands focus, power, and speed.
- Good health is vital for tryouts. Show energy and mental alertness.
- Mental alertness and presence of mind also crucial.



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