

**Overview**

The tryout process will consist of the following drills and scrimmages, with the total point total for each:

Dribbling	10	3 on 3 half court	30
Layups	10	5 on 5 full court	30
Hot Shot Shooting	10	Intangibles	10
Elbow Shooting	10		

Total - 110 points

~40% of a player’s score comes from drills, and ~60% will come from scrimmage sessions.

**Tryout “stuff” Checklist:**

- Numbers for identification of players
- Clipboards (3)
- Pencils (3)
- Scoring Sheets (attached here)
- Stopwatches (2)
- Chairs (4) – for dribbling drill
- Tape measure for dribbling drill
- Masking tape – for hot shots drill
- Cones (2) – for layup drill
- Pull-over shirts for scrimmages

**Before Tryout starts:**

- Tape hot shot numbers on the floor
- Mark small x’s on floor where chairs will be placed for dribbling drill.
- Place x’s marking the “Elbows” of the side baskets. 15 ft out from backboard, and 12 ft apart.
- Organize score sheets in order and put on clipboards for evaluators.

The tryout should be run in four consecutive sessions.

**Session 1:**

**Dribbling** at one end of the court,

**Layups** at the other end.

Split the players into two equal groups and have them go to the end of the other line when they are done with the first drill. The evaluators will run the drills – one on each end. The facilitator should help by timing the Layups so the evaluator can count.

**Session 2:**

**Hot Shots** at one end of the court

The facilitator should help by timing the Hot Shots.

**Elbow Shooting Drill** – at the other end of the court.

**Session 3:**

**3 on 3 half court.**

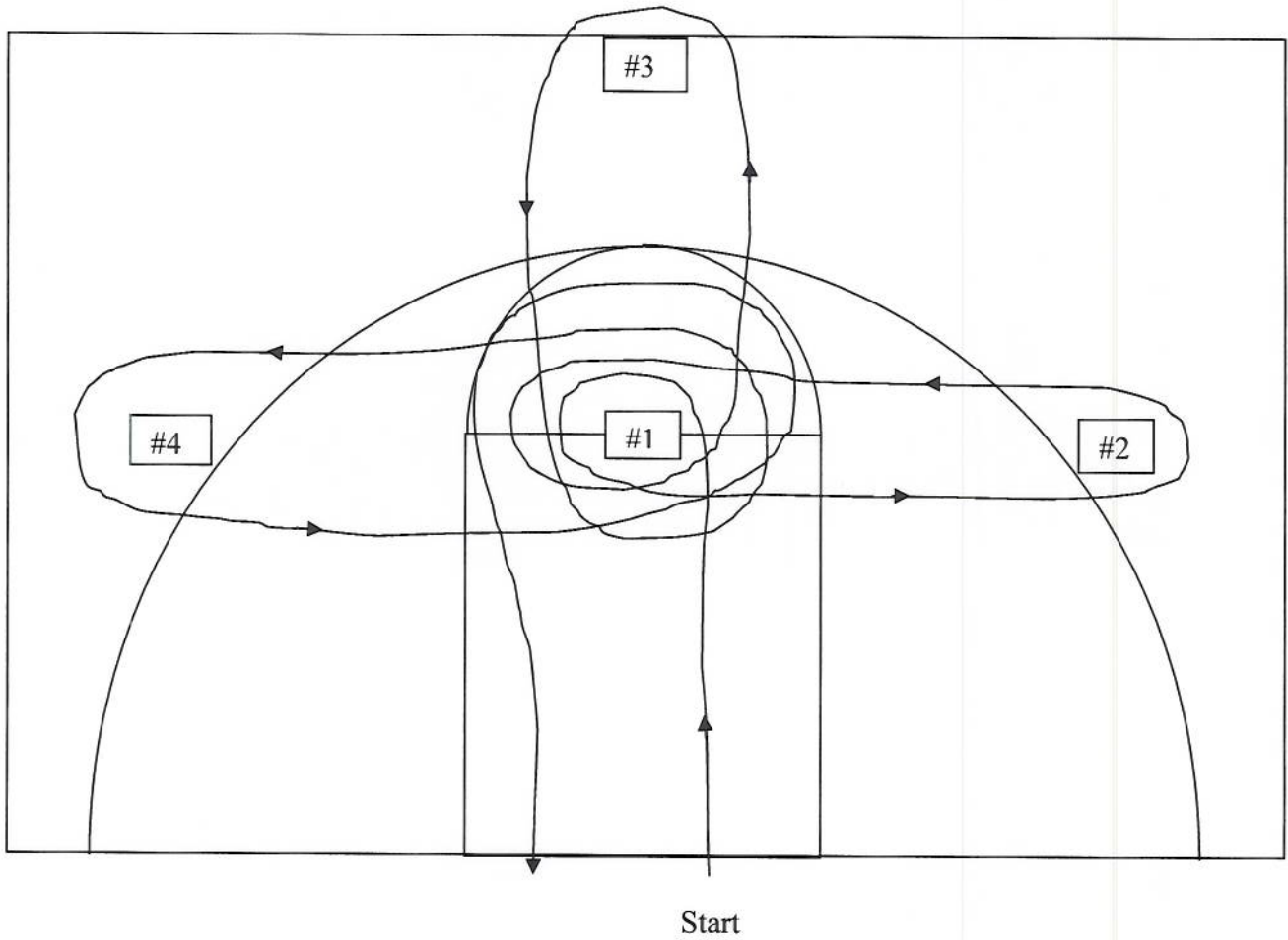
One “game” at a time, may be played in “Cutthroat” fashion. Both evaluators will watch and write down observations and scores.

**Session 4:**

**5 on 5 full court.**

# Dribbling

Each player will dribble around chairs as shown below. The chairs are each 15 feet from the center chair (#1). The players will run this drill twice, once from the right side as shown below, and once from the left side, where the chair order will be 1,4,1,3,1,2,1. Player starts at baseline, and is timed with a stopwatch until he crosses the baseline at the end of the drill. The two times should be averaged, and the corresponding score below should be entered on the score sheet.



5 <sup>th</sup> -6 <sup>th</sup> Grade	Dribbling Time	Under 18 secs	18.1 - 19.0	19.1- 20.0	20.1- 22.0	22.1 - 23.0	Over 23	
	Points	10	8	6	4	2	1	
7 <sup>th</sup> -8 <sup>th</sup> Grade	Dribbling Time	Under 16 secs	17.1 - 18.0	18.1 - 19.0	19.1 - 20.0	20.1 - 21.0	Over 21	
	Points	10	8	6	4	2	1	

## Layups

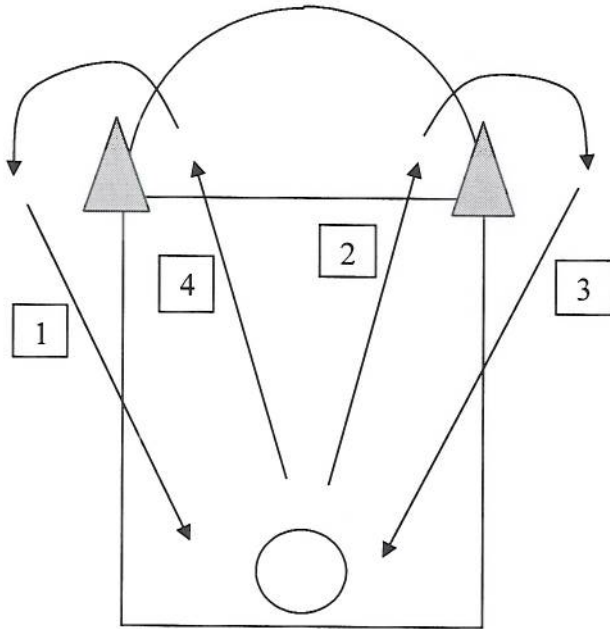
Each player will be given a set amount of time (see table) to make as many layups as possible using proper form.

Start at either cone. Dribble with the outside hand (right on right side, left on left side), attempt a layup with outside hand. Get the rebound and dribble around the other cone from the inside, switching hands to the outside hand and attempting a layup on the other side using the outside hand. Players should jump off their inside leg on the layups. *If layups are taken with the incorrect hand, the basket does not count.*

One point can be deducted from the score for:

- dribbling with the wrong hand
- shooting with two hands
- jumping on the wrong leg on the shot.

Grade	Time
5 <sup>th</sup>	1 minute
6 <sup>th</sup>	50 seconds
7 <sup>th</sup> /8 <sup>th</sup>	45 seconds



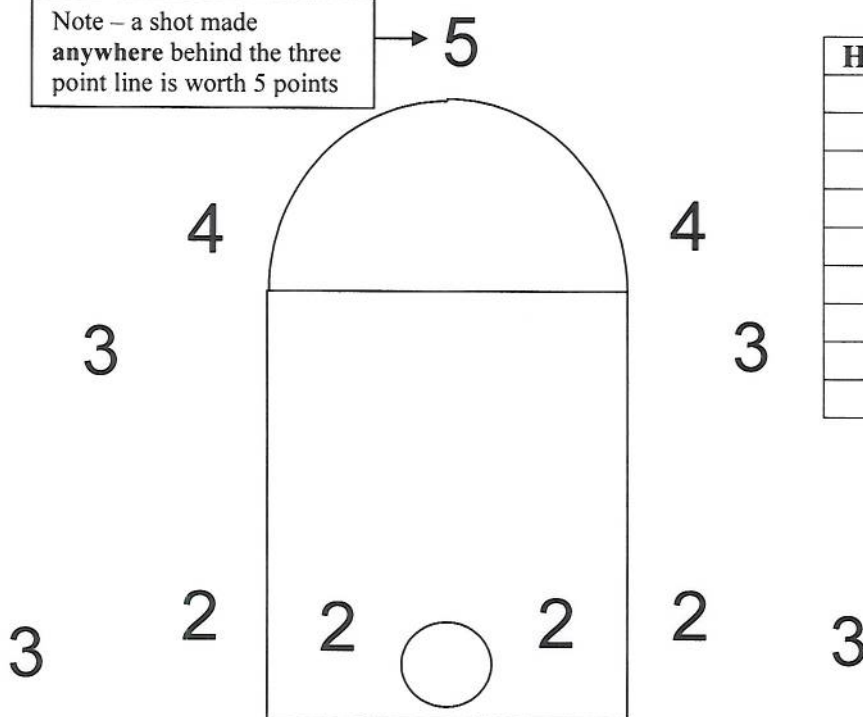
Layups Made	Points
10+	10
9	9
8	8
7	7
6	6
5	5
4	4
3	3
2	2
1	1

## Hot Shots

One minute timed drill where each player will shoot from marked locations on the floor. Tape the spots in the shape of the number on the floor.

- Maximum of two layups can be made (one right handed and one left handed - take as many as needed to make 2)
- Players may not shoot continuously from one spot, or back and forth from the 2 point markers outside the lane.
- One foot must be on the number when the shot is taken.
- Three bonus points if player shoots at least once from one of each point number locations.
- Dribble between rebound and next shot.
- One point can be deducted for poor shooting form or failure to dribble to spots.
- Use table below to determine score to be entered.

Note – a shot made anywhere behind the three point line is worth 5 points



Hot Shot Score	Points
34+	10
30-33	9
26-29	8
22-25	7
18-21	6
14-17	5
10-13	4
6-9	3
2-5	2

## Elbow Shooting

One at a time, players will shoot for one minute, moving back and forth from elbow to elbow (or marks on the floor for the side baskets). Rebounding will be done by the next in line non-shooting players. Use two balls at each basket. All players count the number of baskets made and report to the evaluators after each one-minute turn. Player's score will be number of baskets made – maximum of 10. For 5/6<sup>th</sup> grades, shots may be taken two feet closer to the basket.

## 3 on 3 Half Court

Divide the players as equally as possible mixing sizes of players to make 3-player teams. You may cycle teams in and out using the Cutthroat format.

Evaluators will rate each player from 1-15 with 15 being the highest (best) for offensive ability and another 1-15 for defensive ability.

Evaluators should look for:

### Offense

**Ball handling/Control**  
**Spacing/Flow**  
**Passing**  
**Setting and using screens**  
**Driving**  
**Shooting**  
**Post Moves**  
**Strength with the ball**  
**Movement without the ball**

### Defense

**Position**  
**Shuffle**  
**Helping out**  
**Court awareness**  
**Deny the ball**  
**Rebounding**  
**Blocking out**  
**Anticipation**  
**Hustle**

## 5 on 5 Full Court

Divide the players as equally as possible mixing sizes to make 5-player teams. Try to move the players around so they have different teammates for this session. You may cycle teams in and out and allow teams to play all other teams.

Evaluators will rate each player from 1-15 for both offense and defense. Look for the same criteria as above, with the addition of the following:

- **Speed**
- **Open court skills**
- **Leadership**
- **Overall effort**
- **Ability to improvise, take advantage of mismatches, etc.**