



Classics Basketball's Tryouts Tips for Players

It's Not All About Your Skills!!!!

What Our AAU Club Team Coaches Look for When Selecting Players for Their Team:

- **Make a Good First Impression**
 - You Never Get a 2nd Chance to Make a Good 1st Impression
 - Come to try-outs looking like a basketball player
 - Show me, don't tell me what you can do
 - Come ready to play - hair back, earrings out, etc.
- **Hustle/Effort**
 - ALWAYS try your hardest and give your best effort! There is no substitute for hard work.
 - People have different levels of talent, but EVERYONE can try. **It takes no talent to hustle!**
 - Effort/hustle will ALWAYS be acknowledged and rewarded.
- **Concentration/Mental Awareness**
 - Basketball is a thinking game.
 - Concentration is essential to good performance.
 - How focused is a player during drills, instructing, and to observe and adapt
 - Be a good listener -- be quiet and listen.
- **Enthusiasm and Team Skills – Attitude!!**
 - Enthusiasm is contagious.
 - Enthusiasm builds unity and togetherness
 - Make sure it's controlled enthusiasm
 - Get to know the other girls trying out
- **Sportsmanship and Competitiveness**
 - Great competitors respect their opponents.
 - Competing means being able to take the wins AND the losses.
 - What does it mean to you to be "competitive"?
 - Tryouts as cooperative competition
 - Competing against friends; how demonstrate?
- **Discipline**
 - Good players and teams are highly disciplined.
 - Discipline is personal commitment; self control.
 - The coaches will expect and establish discipline but the players need to have the opportunity to develop self-discipline.
 - How well does a player handle constructive criticism?
- **Athletic Ability**
 - You all have different levels of ability and skill.
 - The coach must combine and refine the collective talents to **build a "team."**
 - Consider factors such as conditioning, speed, strength, and agility also as elements that can and should be evaluated.

Skills that will be evaluated by the coaches:

- **Dribbling**
 - Stationary
 - With Pivoting
 - Quick Star/Stop
 - Cross-over Dribble
 - Changes of Speed
 - Speed Dribble
- **Shooting**
 - Right Handed Lay-up
 - Left Handed lay-up
 - Jump shooting
 - Jump Shot off Pass and Dribble
 - Free-Throws
- **Other Skills**
 - Rebounding
 - Boxing Out
 - Jumping
 - Screening
 - Team Offensive Skills
 - Team Defensive Skills
- **Passing**
 - Chest Pass
 - Bounce Pass
 - Overhead Pass
 - Hook Pass
 - Baseball Pass
- **Defensive skills**
 - Footwork and positioning
 - Lateral movement
- **Scrimmaging**
 - Court sense
 - Team play

Other Points to Remember

1. Don't underestimate your chances of making the team-you have no idea what the coach wants for the team.
2. Some pretty good players have been cut and used it as motivation for future success.
3. Attend all tryouts sessions and finish the try-outs; see #1 and #2.
4. **HAVE FUN!**