

## DRIBBLING DRILL

### Drill Description: Max – 10 Points

Players begin at the corner where the baseline meets the sideline, dribbling to the first cone with their left hand. At each cone, they perform the assigned skill, change direction, and switch hands—left hand when moving left, right hand when moving right. Continue through all cones and then return in the opposite direction to the finish

#### Dribbling Skills:

1. Crossover
2. Spin
3. Between Legs
4. Behind Back

#### Skills scored per grade:

- 4<sup>th</sup>: 1 & 2
- 5<sup>th</sup> -6<sup>th</sup>: 1, 2, 3
- 7<sup>th</sup> – 8<sup>th</sup>: All

#### Scoring Rules:

- **Did not do it or finish:** 0 points
- **Struggled or didn't understand well:** 1 point
- **Partially understood or did okay:** 2 points
- **Did really well or almost perfect:** 3 points

## LAYUP DRILL

### Drill Description – Max 10 Points

Players have a set time to make as many layups as possible using proper form. Start at either cone, dribble with the outside hand (right on the right side, left on the left), and make a layup using the outside hand, jumping off the inside leg. Get the rebound, dribble around the opposite cone from the inside, switch to the outside hand, and repeat on the other side.

#### Timing per grade:

- 4<sup>th</sup> – 5<sup>th</sup>: 1 minute
- 6<sup>th</sup>: 50 seconds
- 7<sup>th</sup> – 8<sup>th</sup>: 45 seconds

#### Scoring Rules:

- **4th and 5th Grade:** All made layups count, regardless of form.
- **6th Grade:** Only layups with proper form count; no point deductions for mistakes.
- **7th and 8th Grade:** Only layups with proper form count. Deduct 1 point for dribbling with the wrong hand, using two hands to shoot, or jumping off the wrong leg.

## ELBOW SHOOTING DRILL

### Drill Description – Max 10 Points (2 separate scores)

Players shoot for one minute, moving between the elbows, while non-shooting players rebound. Two balls are used per basket. Judges record the number of baskets made after each one-minute turn (maximum of 10). 4th graders may shoot from the first hash for closer range.

#### Scoring Rules:

- 1 point per made basket (Max 8).
- 2 additional points can be awarded for proper shooting form, footwork, and understanding of the drill.

## HOT SHOT DRILL

### Drill Description – Max 10 points (2 separate scores)

In this one-minute drill, players shoot from marked spots on the court, avoiding consecutive shots from the same spot. They must keep one foot on the spot's number and dribble between shots.

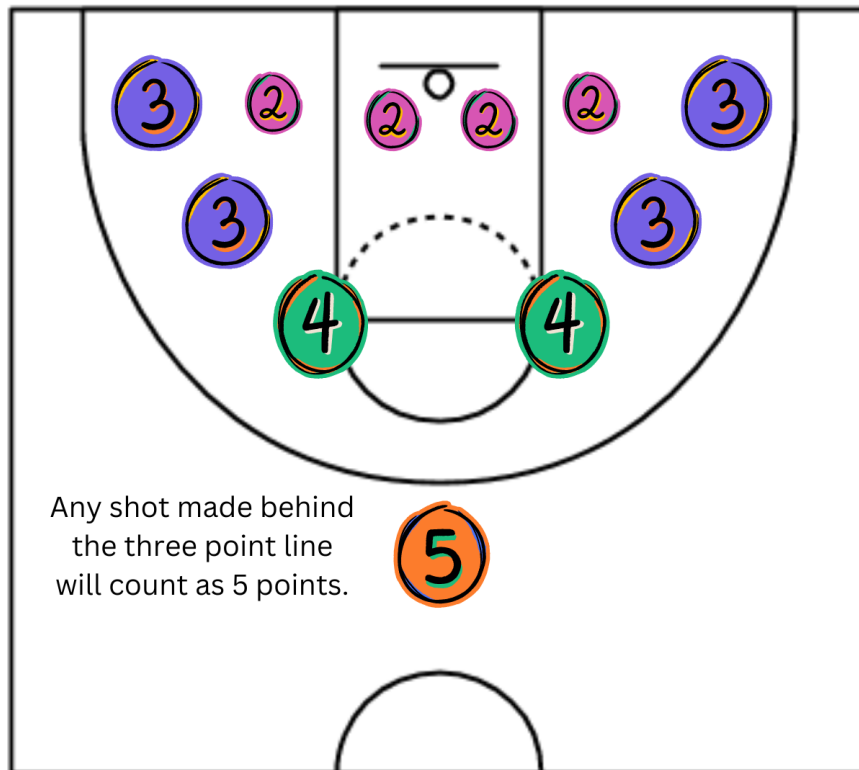
- **6 Points:** 34+ points
- **5 Points:** 28-33 points
- **4 Points:** 22-27 points
- **3 Points:** 16-21 points
- **2 Points:** 10-15 points
- **1 Point:** 2-9 points

Players can earn an additional 4 points for good shooting form, footwork, understanding the drill, and hustle.

## SCRIMMAGE (5v5, 3v3 or 1v1)

Over 60% of a player's total score comes from the scrimmage portion of tryouts, where they're evaluated in realistic game settings. Evaluators will look at skills such as offensive plays, rebounding, passing, catching, moving without the ball, setting screens, and defensive positioning. Players can also earn extra points under intangibles for showing great hustle, effective and positive communication, strong basketball understanding, and coachability. To ensure fair assessments, judges will keep scores private and avoid discussing evaluations until after the scrimmage.

### Hot Shot Diagram



### Dribbling Diagram

