

MVBA “Tryouts 101” Training Session 9/8/2016

This training session is designed to give players that are trying out for MVBA traveling basketball an idea of the skills and attitude our evaluators look at during tryouts.

Many times players think they had a bad tryout because they missed some shots, dribbled the ball off their foot, or they didn't get a chance to score because they were on a team with a player that didn't pass the ball. OR they think they had a great tryout because they made all of their shots and they didn't make any mistakes, but the truth is we look at a lot more than that.

Today we are going to run you through some drills that are similar to the tryout drills and talk about the fundamentals and intangibles that the evaluators look at in “every” drill.

Tryouts are all about placing players on a team that represents their skill set and presents the best opportunity for them to compete and develop as a player. Keep these two things in mind:

1. Not everyone will make a traveling team. There are players trying out that simply have not put in the practice time to possess the fundamental skills to play at the traveling basketball level. That's OK. Players that do not make a team can still have fun, play a cool sport, and develop as a player in the in-house league.
2. Not everyone will make the team they want, the team they **think** they should make, or get on a team with their friends. That's OK. Your friends will still be your friends and you will make new friends on the team you make.

No matter where you end up after try-outs – it's just a snapshot in your basketball life. Everyone has the chance to be as good as they want to be, but it takes hours of practice during the off season and being a student of the game every time you step on the court.

We are going to go through a lot of stuff and there is no one in the gym today that can do all of the things the evaluators look at. That's OK. Do the best you can, have fun, listen, don't be nervous, play with confidence, fluidity and rhythm. Control the things you can control – effort, hustle, do the best you can.

Ball Handling: Looking for a low dribble ball control, good leg positioning, Ability to dribble with R and L hand while not looking at the ball - head up, quickness under control, hustle after the ball if you lose it.

Drill #1 – Stationary Dribbling Drills (4 or 5 lines equal lines/one ball each player in front of line)

- R hand dribble, L hand dribble, two bounce R cross over two bounce L crossover all for 30 seconds.

Drill #2 – Line Dribbling

- 5 lines dribble full speed down with right, back with left.

- 5 lines dribble zig zag $\frac{3}{4}$ speed down and back. Zig with the right hand plant and crossover with right, back with left. Looking for ball control, head up, speed, low/quick crossover, hustle after the ball if you lose it.

On Ball Defense: Looking for defensive position, butt down, low defensive shuffle, don't cross feet, palms up. Nose on the belly button, defensive quickness, efficient drop step when the offensive player crosses over.

Drill #3 – Same Zig Zag – add on ball defense.

Shooting Layups: Looking for using the correct hand (R or L). We'd rather you try to use your off hand so we can see the ability to plant the correct foot, control the ball and the shot with the correct hand with speed under control. Dribble with the correct hand.

Drill #4 - Right Handed and left handed layup. Approach the layup by dribbling with the correct hand.

Shooting (off the dribble and off the pass). Looking for good form (not whether you make it or not).

Good form is footwork, planting the correct foot, squaring up to the basket, ball on fingertips, close to the body, follow-through, rotation, and arc.

Drill #5 – Shooting off the dribble. Right layup line and Left layup line.

1. Dribble right, crossover to left and take a 10 ft. jump shot. Looking at Ball Control on the dribble, low crossover, inside foot plant, square up, good form.
2. Dribble left, crossover to right and take a 10 ft. jump shot. Looking at Ball Control on the dribble, low crossover, inside foot plant, square up, good form.

Drill #6 – Shooting off the pass. Things we look at – the pass, the ability to get ready to receive the pass:

1. (Kentucky) shooting from 6 feet. Plant inside foot, square up, good form, follow drill and make good passes. Looking at quick sharp cut, footwork, be ready to receive the pass, square up, and shoot with good form, and follow the shot.
2. (Kentucky) shooting from the elbow same thing – Keep in mind we are looking the passes you make in this drill as well.

45 minute: (Water Break)

Transition Offense/Transition Defense – Looking at:

1. **Offensively:** Spacing, filling the lane, making the right pass at the right time, moving the ball to the open player, crashing the boards, not dribbling too much, getting a good shot.

Good Shot: is defined as one that is taken when you are open, within your range, a shot that is found with less than 3 dribbles. Create shots with your feet (movement) – not the dribble

2. **Defensively:** Stopping the ball, covering the passing lane, recovering to the open man, communicating on defense.

1. **Game Play Scenario (3 on 3) *Not looking at who creates, takes, or makes the most shots! Ball hogs are not a good thing! Create shots with your feet – not the dribble***

Offensively: Looking for Movement, spacing, finding open seams, cutting to the basket, setting screens away from the ball, not dribbling (only putting the ball on the floor when improving the passing angle or driving to the basket). Seeing the floor, pivoting through pressure, making good passes to the open man. Letting the shot come to you and working to get your teammates open.

Defensively: Looking at on ball defense, defensive positioning (ball/you/man), help side defense, stopping the ball, recovering to find the open man, communicating on defense.

2. **Game Play Scenario (5 on 5) – Full court pressure is allowed**

(Water break)

Last 10 minutes:

We've thrown a lot at you – Hopefully you discovered something about what we look at during tryouts and found some things to work on. These are the cumulative things we look for, but no one possesses all of these abilities (every time).

Basketball is a game of muscle memory that improves the more you play/practice/work on it over time – every day, every week, all the time by yourself and in game situations. Camps are great – but they only improve your game a little bit. You have to take the drills you learn at camps and do them every day.

1. Don't worry about making mistakes, because everyone learns from trying new things and making mistakes – That's OK
2. If you miss a shot, if you turn the ball over (make a bad pass / dribble it off your foot) that's OK
3. If you get beat on defense – that's OK but you have to stay in the game (call out for help, find another open man)

Do your best and control what you can control:

The Intangibles:

Stay in the game and react to the game happening around you.

Be a good teammate.

See the floor, find the open man.

Hustle – Loose balls, boxing out, rebounds, movement, DEFENSIVE EFFORT.

Listen to the coaches (do the drills correctly).

Communicate, compliment your teammates.

Remember – basketball is fun. It's a game – enjoy it.