

### **Tryout Advice**

Coaches are evaluating you in so many other areas besides just scoring points and if you only focus on scoring, you are going to miss out. Be yourself, do what you do well, do not try so hard to get exposure that you end up exposing yourself.

### **Show Up Early**

"If you are on time, you are late" is a common expression, but it is worth repeating. Get in the gym early before tryouts if you can and use that time...put up some touch shots, do some ball handling & footwork, stretch, etc. Not only will it help you play better at tryouts, but it will also help you stand out as a player who is committed and who is there to get better. Make sure to introduce yourself to the coaches.

If you are not able to get into the gym early, make sure you are ready to go when the gym doors open. No coach wants to look over and see you still putting your shoes on or changing your shirt when you should be out on the court warming up.

### **Be the Loudest Communicator on the Floor**

Talk, Talk, Talk! Basketball is a game that requires large amounts of communication. The best teams are always the teams that communicate at an elevated level. Show the coach you are a good communicator: Encourage other players when they make a good play, talk in transition, call out cutters or screens. Use your voice and be a great communicator. Have great energy by clapping a lot. "Let's Go guys!!"

### **Volunteer for Everything & Do not Be Afraid to Fail**

Anytime they ask for a volunteer, jump out there first! Volunteer for everything. Do not be shy or hide in the background during drills. Failing is ok, that is how you learn & get better.

### **Bring Energy and Compete**

Coaches want players on their team who are going to bring energy. Bring positive energy in every drill, sprint, and play. This goes back to being a great communicator. As the drills and sprinting get harder and other players are only worried about making it through, speak up and be an encourager. Work as hard as you can and welcome the uncomfortable. Compete in everything you do.

### **Be a Great Listener**

If a coach is talking, make sure you pay attention with both your ears and your eyes. Show that you are a great listener and that you can execute what the coach wants done. Most of the time a coach will tell you what they are looking for, so make sure you pay attention to what they want, and you will know exactly what to do.

### **Quality Over Quantity**

The tendency as a player is to think that you need to score as much as possible and sometimes this unfortunately leads to a high number of bad shots. Instead of forcing up a lot of bad shots, focus on attacking and being aggressive when you have a quality look. DO NOT OVER DRIBBLE. Be efficient, three dribbles or less to attack the basket or get your shot off. Coaches do not want high volume shooters. They want players who understand what a good shot is and can play well with the four other players on the court. Share the ball.

### **Do the Little Things**

Be a Leader. Do not get so caught up in trying to get noticed as a scorer that you are forgetting the little things. Coaches will evaluate every part of your game. They want to know if you are a complete player or someone who has a lot of holes in your game. Here is a list of things on which you can focus.

## **Be Selfish**

The reason is, for you to be the best teammate you can and contribute all you can to your team, you must learn to be more selfish. No, not selfish in your actions but selfish with your thoughts and attention.

We all have known ball hogs and terrible teammates who only cared about their own stats. That is not at all what I am talking about here. No one wants to have that type of teammate, and I do not recommend anyone striving for such an attitude. But when it comes to your thoughts and the focus you have during practices and games, you must learn to be a bit more selfish. In other words, you need to learn how to play for yourself during competition.

Set good screens

Sprint your cuts every time

Be first in line for everything

Dive on loose balls

Box out on every shot

Sprint the floor

Keep your hands up on defense

Keep the ball moving on offense (Don't catch and hold it every time)

Play Defense as hard as you can. Keep your feet moving

Take care of the ball- pass & shot fake

## **Be a Leader**

Since you were listening to what the coach was saying when they gave instructions, you should be able to step up to the line first and execute the drill or play. You should also know it well enough that you are able to help other players understand what is going on. Show the coach you can be a leader and are able to help lead your teammates.

## **Play with Confidence**

Most importantly, play with confidence. You must believe in yourself and trust that you can play well. If you put in the work getting ready for tryouts, you need to trust the work that you put in and play with confidence. If you do not believe in yourself, why should anyone else?

Play like you deserve to make the team. Trust in the work you have put in.

Lastly, it is not always about getting the top 10-15 players. Sometimes, it is about what you bring to the team and filling a role. Be yourself, do what you do and do it well.