



Basketball Tryout Expectations

Athletes will be scored on a scale by coaches and each athlete will have an overall score on the core skills. Each day all skills will be demonstrated, so even if an athlete has a bad day, there are plenty of chances to show your skills. Give 100% EVERY DAY in all attempts and that is the best you can ask yourself. Each day of tryouts is mandatory.

What you can expect coaches to be looking for during the tryout process:

1. Athletes need to have a respectful attitude towards their teammates and coaches at all times. “Coachability” is the process of being able to take direction and constructive criticism (i.e. – keep your head up while dribbling to see the floor and teammates) and attempt to try what has been directed. Attitude is the ability to maintain a positive outlook through adversity and effort is the ability to work hard every day through every drill and should also be something each athlete strives for.
2. Communication between and with teammates on the court is one of the most important parts of the game.
3. Movement- All drills and activities will involve quick defensive or offensive movements. Dynamic warm-ups and drills will be an integral part of the tryout process and implemented in ALL practices every day.
4. Court Awareness is the ability to understand where the court begins and ends. Athletes will understand player responsibilities and positions.
5. Shooting-ability to make shots from different spots on the floor, with proper form.
 - A. Set shot- Free throws
 - B. Jump shot- Short corner, elbow, block, free throw line
 - C. Lay-ups- Correct form for right handed layups and left handed layups as well as number made
6. Ball handling- ability to go at game speed with ball control and head up
 - A. Right handed
 - B. Left handed
 - C. Crossover dribble
 - D. Spin
 - E. Between the legs

7. Passing-ability to pass to a moving target. Will be rated on a scale.

- A. Chest pass
- B. Bounce pass
- C. Overhead/baseball pass

8. Defensive ability- ability to move their feet and hands to guard another player. Ability to open hips to turn and go another direction.

- A. 2v2, 4v4, 5v5- can they play defense on the ball and in a help position

9. Knowledge- ability to read/see the court and make good/correct decisions while playing.

Basketball Tryout Schedule 2023

	Monday 10/30	Tuesday 10/31	Wednesday 11/1	Thursday 11/2	Friday 11/3
8th Grade	7:00 -Class Period	7:00 -Class Period	7:00 -Class Period	No Tryouts	7:00 -Class Period
7th Grade	Class Period-4:30	Class Period-4:30	No Tryouts	Class Period-4:30	Class Period-4:30

Basketball Practice Schedule 2023-2024

	Monday	Tuesday	Wednesday	Thursday	Friday
8th Grade	7:15 -Class Period	7:15 -Class Period	7:30 -Class Period	GAME DAY No Practice	7:30 -Class Period
7th Grade	Class Period-4:30	Class Period-4:30	Class Period-4:30	GAME DAY No Practice	Class Period-4:30

Tryout Results will be posted on the Rogers Athletic website by Student ID number at 6:00 PM on Friday, November 4th.

[GIRLS Basketball Website](#)

If you have any questions, please contact Rogers Girls Coordinator, Haley Weir.

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