

RAYBA Tryout Evaluations (Drills and Scrimmage) 2009 Girls 5th & 6th Grade

Each Player will be evaluated by the independent evaluators in six separate areas, including ball handling, shooting, rebounding, offense, passing and defense. With regards to each of these skills, the players will be evaluated in accordance with the following:

A) **Ball Handling.** Players will be asked to participate in one dribbling drill. Players will be evaluated on their ability to dribble with left and right hand, ball control, form and ability.

- The drill will require the player to dribble between cones placed in a zig-zag pattern and cones placed in a line. The player will switch direction at each cone using two offensive moves. These moves consist of the **reverse dribble** in a zig –zag pattern and **double cross-overs** around the cones in a straight line pattern. Proper technique requires that the player keep his/her head up with the eyes focused down the court instead of on the ball, knees should be slightly bent; finger and thumb tips contact the ball, not the palms of the hands. The dribbling hand is positioned on top of the ball and towards the back. When dribbling, the wrist and finger tips should be flipped. The lower arm should move in a pumping action to propel, receive and propel the ball again. The dribbling should be kept low – sock to knee high. The opposite hand and leg should be used to protect the ball when being guarded. The ball should be in the players control at all times. The score will be based on the proper techniques listed above and the ability to complete all the moves.

B) **Shooting.** Players will be evaluated on both form and accuracy. Players will be asked to participate in three separate shooting drills, including **lay-ups (both right-handed and left-handed), Shoot off the dribble** and **Catch and Shoot.**

- Proper form for the shooting drills requires that the player is square to the basket. The players upper arm should be parallel to the floor, forearm should be at a 90 degree angle, the wrist should be cocked with the shooting hand under and behind the ball, the ball should rest on the pads of the fingers (not on the palms of the hands), feet should be shoulder width apart, and the elbow should be kept in close to the body and placed directly under the ball. On the shot, the arm should be pushed up and through the ball. The wrist and finger tips should follow all the way through.
- Lay-ups will be evaluated on whether they explode off the proper foot, shoot the ball with the proper hand, protect the ball with the non-shooting arm, keep their head up as they approach the basket, and whether the ball makes contact in the proper area on the backboard.
- Shoot off the dribble will evaluate proper footwork, agility to move both left and right and the ability to properly shoot off of the dribble. This drill will start at the top of the key and the player will take several dribbles to the right and shoot just outside of the right side of the lane. This will also be repeated moving to the left.
- Catch and shoot will be evaluated along with the rebounding drill. (See below)

C) **Rebounding.** To assess the player's rebounding ability, the players will participate in a 1 on 1 box-out drill. In this drill, the offensive player will start at the elbow. The defensive player will be positioned just below the low post. The defensive player will pass the ball to the offensive player who will shoot the ball. The defender should rush at the shooter in a low stance. The last several steps should be short and choppy to stop your momentum. The defensive player must box out. The defensive and offensive players will attempt to rebound. Play will continue until the ball is rebounded.

- The offensive player will be evaluated on their ability to properly catch and shoot the ball while being defended.
- Players will be evaluated on three separate rebounding areas. The first area will be assessing the player's ability to properly position themselves on the court, on both offense and defense. It will also involve the player's ability to make and maintain contact with the opposing player until the ball comes off the rim. Proper position requires that the feet be kept parallel, shoulder width apart and directly under the shoulders. The player must have flexibility in his/her knees, which requires that they be slightly bent with their body weight on the balls of their feet. The trunk of the body should have a slight bend in the direction of the basket. The second area will be assessing the players' ability to jump-up and maintain control of the ball. If the player is on offense, can they score off the rebound? If the player is on defense, can they pivot and pass? The third area will include an assessment of the player's aggressiveness in going after the ball and ability to make moves against the defender who is attempting to box out.

D) **Offensive Skill.** The player's offensive skill will be evaluated while the players participate in 3 on 3 and 5 on 5 scrimmages. All evaluators will be assessing the player's overall offensive ability in three primary areas. The first area is offensive moves, assessing the players' ability to make moves with a dribble against defense, ball fake, and drive to the basket. The second area assesses the players' court awareness and basketball knowledge. This includes their leadership and communication skills, ability to recognize and maintain floor balance, ability to set proper screens, whether the player properly uses the screens, and the players' movement without the ball (give and go, pick and roll, etc.). The third area assesses the players' ability to shoot under pressure, follow their shot and rebound.

E) **Passing and Receiving Ability.** Players will be evaluated on how well they pass and receive a pass in game situations while taking part in the scrimmages. The players will be scored on their ability to utilize chest, bounce and base ball passes. The player will be evaluated on the accuracy, timing and crispness of their passes. How well the individual demonstrates the "Team Player" concept, will also be reflected in this score.

F) **Defensive Ability.** The player's defensive skill will also be evaluated while the players participate in 3 on 3 and 5 on 5 scrimmages. The evaluators will be assessing the player's overall defensive ability in three primary areas. The player scored on their defensive stance and movement. The player must stay low, with knees bent, back straight and arms up and out. The player must demonstrate the ability to shuffle and drop step with the offensive player, while using the proper footwork and denying the passing lanes. The second area to be evaluated is the players' proper defensive positioning and anticipation. Here the evaluator is looking for the players' ability to stay between the offensive player and the basket, to anticipate passes for steals and to box out for defensive rebounding. The third area to be evaluated is the players' overall pressure, aggressiveness, and speed. These can also be looked at as hustle points. The evaluators will assess how hard the player is working on defense and how well they communicate with their teammates.