

Hall Girls Basketball Tryout Expectations

When are Tryouts?

Monday 11/27 4:30-7

Tuesday 11/28 4:30-7

Wednesday 11/29 4:30-7

What are the coaches are looking for?

Coachability, basketball IQ, understanding of when to use bounce pass/chest pass, defense stance, understanding of seeing man and ball (man-to-man principles), ball handling, how to be physical when rebounding, setting a screen and using a screen, as well as shooting form.

We are also looking for student athletes to possess qualities of a good teammate. This includes, but is not limited to:

- Consistent Effort, Responsible, Honest, Leadership, Respect, Desire to Improve, Family Atmosphere/Attitude, Communication Skills and many more!

Expectations for tryouts?

A lot of running, your endurance will be checked through basketball drills, 1v1, 2v2, 3v3, 4v4, 5v5, shooting drills, toughness/aggressive drills, fast break drills, and defensive drills.

Tryout and Cuts?

There will be 3 days of tryouts, Monday 11/27, Tuesday 11/28 and Wednesday 11/29. Unfortunately we have to make cuts. Cuts will be made after Wednesday's tryout. We will talk to every player that tried out.