

Basketball Tryout Plan

90 minutes · three stations · scrimmage · evaluator rotation

My-Team Sports

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Date _____ Gym _____ Players _____ Evaluators _____

DAY ONE — 90-MINUTE PLAN

Time	Block	Evaluator	What to watch
0–10	Check-in, numbers on, dynamic warm-up		Match names to numbers
10–25	Station 1: ball handling — two-ball, cone weave, pressure dribble		Eyes up, weak hand, composure under pressure
25–40	Station 2: shooting — form shots, catch-and-shoot, off the dribble		Footwork and balance before makes and misses
40–55	Station 3: defense and footwork — closeouts, slides, shell drill		Stance, effort, communication
55–70	3-on-3 half court, rotate winners		Decisions with space, willingness to pass
70–85	5-on-5 full court, balanced teams, rotate every 3 min		Transition effort, role acceptance, teammate response
85–90	Free throws under fatigue, wrap-up, what happens next		Who wants the ball when tired

EVALUATOR ASSIGNMENTS

Station	Coach	Skill focus	Sheets collected
Station 1		Ball handling	☐
Station 2		Shooting	☐
Station 3		Defense and footwork	☐
Scrimmage	All	Decisions, effort, coachability	☐



scan to start

Tired of rewriting this every week?

Put your roster, schedule and lineups on your team's own site — always current, shared with one link.
Free 30-day trial · \$15 a season for the whole team · Parents never pay, never install an app.

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Same drills, same time, same evaluators, same rating sheet — and the sheets get filled out before anyone talks about names.

Basketball Tryout Plan — Day Two

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Shorter stations, longer scrimmage, one drill nobody has seen

Date _____ Gym _____ Players _____ Evaluators _____

DAY TWO PLAN

Time	Block	Evaluator	What to watch
0–10	Warm-up		
10–20	Station 1:		
20–30	Station 2:		
30–40	Station 3:		
40–50	New drill (never seen):		First three reps — coachability
50–85	5-on-5 — pair the players you are unsure about		Direct comparison
85–90	Wrap-up		

PLAYERS TO COMPARE DIRECTLY

Player	vs. player	Position	Decision



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Post cut decisions the same way for everyone, with the rating sheet available to any parent who asks.