**Basketball Tryout Plan**

[www.alsbballtraining.com](http://www.alsbballtraining.com)

Youtube Basketball Coach Allen

2 Hour Tryout

|  | Time | Explanation |
| --- | --- | --- |
| Orientation | 5 Minutes | Explain who you are and what your looking for in your players. |
| Warmup | 10 Minutes | Dribbling when running ad the dynamic stretch. |
| Team Full Court Drills | 20 Minutes | 3 on 2, 2 on 1… Full Court Layups… etc |
| Passing Drills | 20 Minutes | Box passing… line passing… defensive slide passing… etc |
| Defense Drills | 20 Minutes | Recover Defense Drill…. Rebound 1 on 1 drills… etc |
| Shooting Drills | 20 Minutes | Full Court Run and Catch Shooting … elbow to elbow shooting with partner… pylon fake and shot |
| Scrimmage | 20 Minutes |  |
| Cool Down Stretch | 5 Minutes |  |