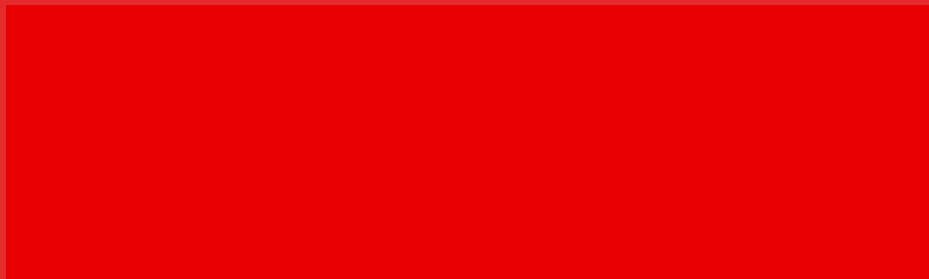
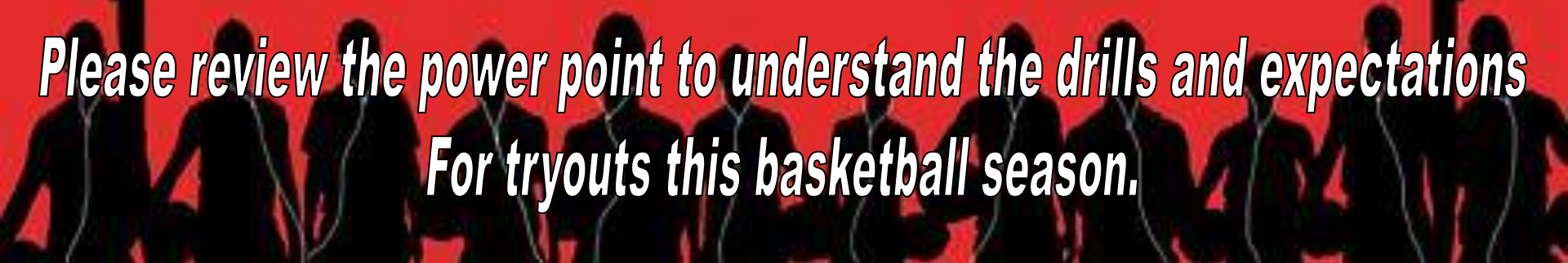




Peachtree Patriots **BASKETBALL** **2023-2024 TRYOUTS**



*Please review the power point to understand the drills and expectations
For tryouts this basketball season.*





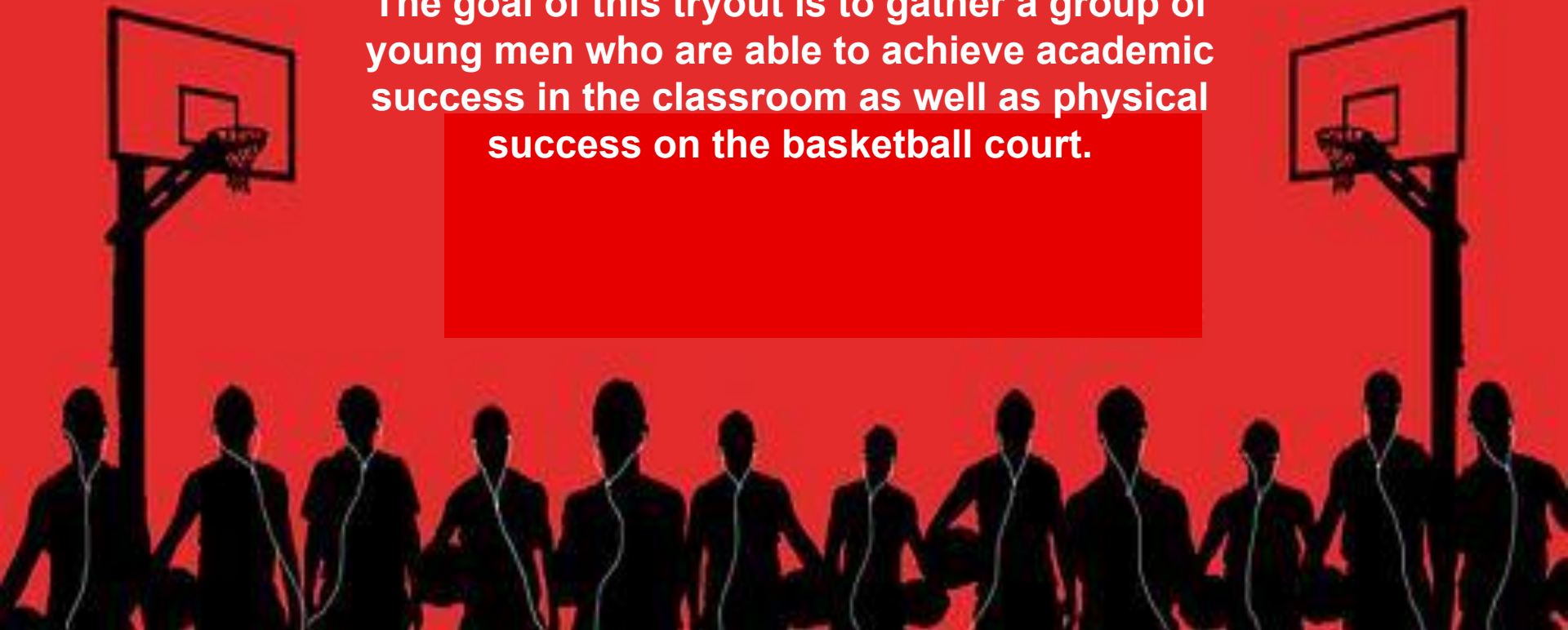
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BASKETBALL

Tryout Purpose



The goal of this tryout is to gather a group of young men who are able to achieve academic success in the classroom as well as physical success on the basketball court.





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Tryout Dates



Monday and Tuesday
October 23rd and 24th

Middle School Tryouts
Monday, October 23rd and
Tuesday, October 24th
starting at 7:00am. There will
be first and second cuts.





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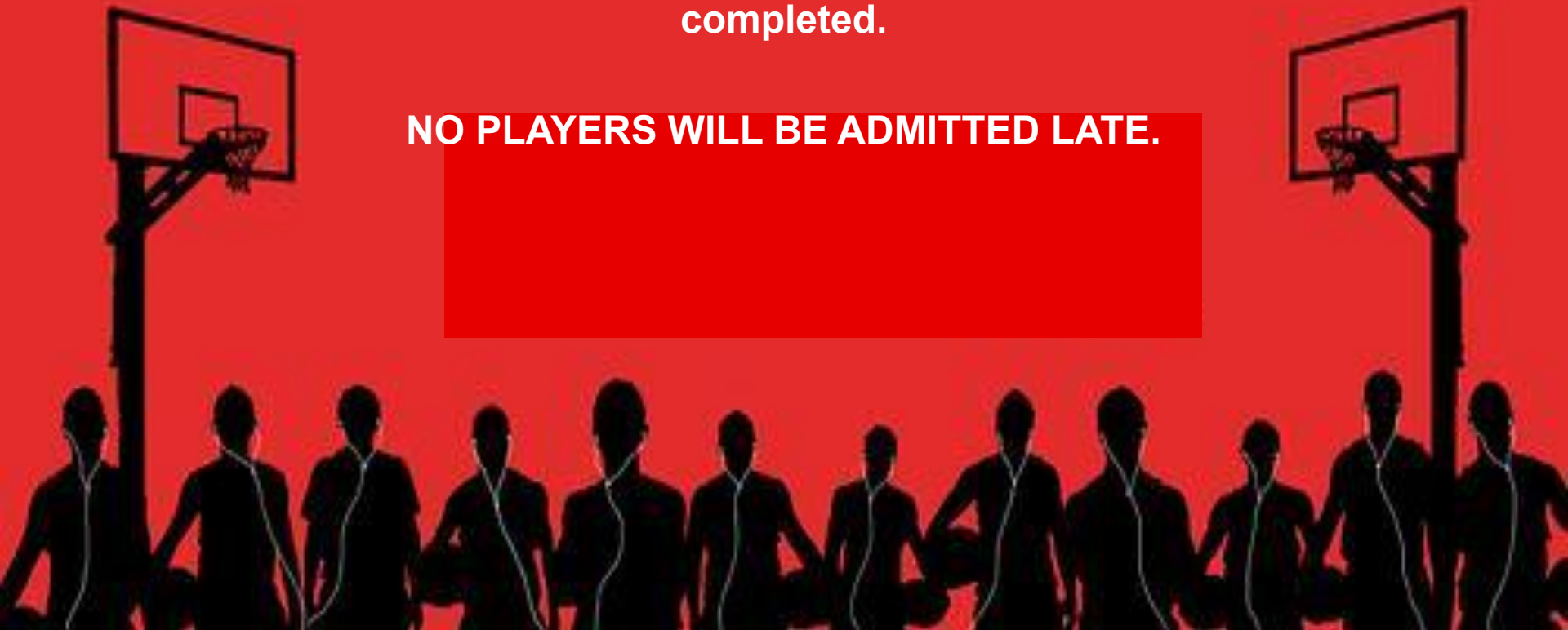
BASKETBALL

Tryout Requirements



All physicals, county, and school forms must be completed on DragonFlymax.com. No student can tryout without all of the forms completed.

NO PLAYERS WILL BE ADMITTED LATE.





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Tryout Evaluation



We

- Shooting
- Dribbling

Over

- Passing
- Defending

Me

- Rebounding
- Intangibles





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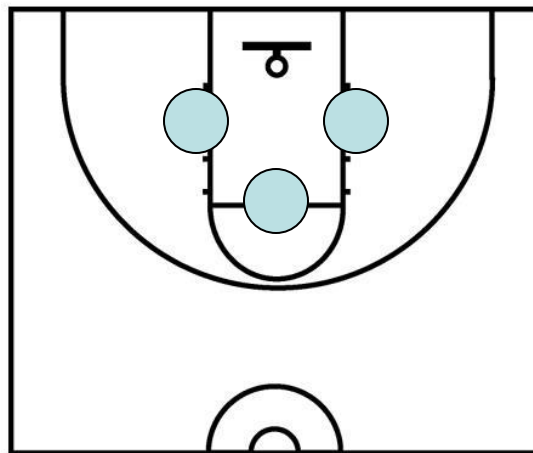


BASKETBALL

3 Man "21" 2:00

DRILL

In groups of three, players face off at goal. No take backs. Straight up on rebounds. A made shot gives the player a chance to shoot up to three free throws. If all three free throws are made, player gets ball at top.



SCORING

Two points for a made basket and one point for each free throw made. Each player tracks their total points per contest.





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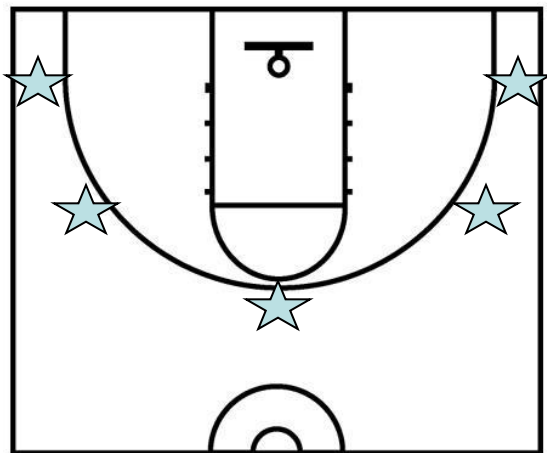
BASKETBALL

30 Contest :30



DRILL

Player starts with ball in the corner. On whistle player must shot fake and attack basket for a layup. Player rebounds his own shot and dribbles out to the next spot. This continues through all five spots. Player stays in opposite corner for pass fake and two dribble jump shot. The last shot is a three pointer from each spot.



SCORING

Players will receive one point for each layup, two points for each jumper and three points for each three pointer made. 30 point maximum.



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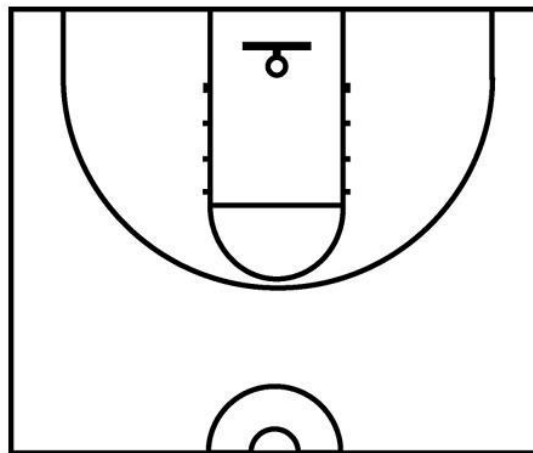
BASKETBALL

Free Throws 10



DRILL

Each player will shoot one set of ten free throws.



SCORING

One point for each free throw made. A perfect ten for ten earns 5 bonus points.





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One Mile Run



Each player will be timed in a mile run. Points will be issued based on position (guard or post) and time as follows:

Did you know?
The average player runs nearly 5 miles in a basketball game?

GUARDS

< 6:00	30 Pts
< 6:15	25 Pts
< 6:30	20 Pts
< 6:45	15 Pts
< 7:00	10 Pts
< 7:15	5 Pts
< 7:30	0 Pts
< 7:45	0 Pts
< 8:00	0 Pts

POSTS

< 6:45	30 Pts
< 7:00	25 Pts
< 7:15	20 Pts
< 7:30	15 Pts
< 7:45	10 Pts
< 8:00	5 Pts
< 8:15	0 Pts
< 8:30	0 Pts
< 8:45	0 Pts



BASKETBALL

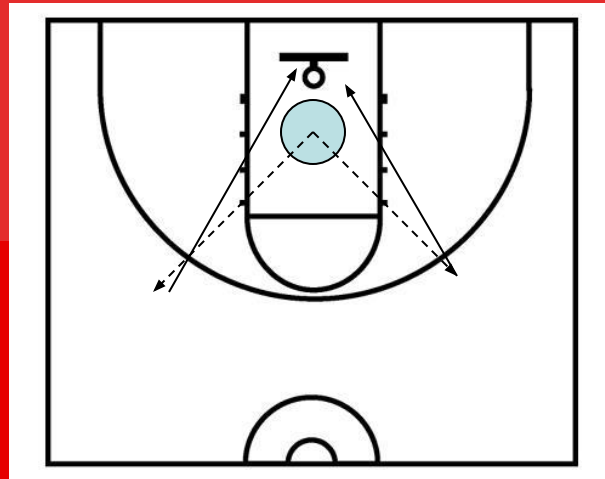


Rip Through Layups :30

DRILL

Player starts under basket with ball. Self passes to either side outside the three point line. Player races to ball, catches ball, holds triple threat position, rips through, and attacks the basket for layup. Player rebounds own shot and passes out to opposite side.

This continues for :30.



SCORING

+ 2 pts for each layup made
+ 5 additional points if all 6 layups are made. Maximum of 10 points per side



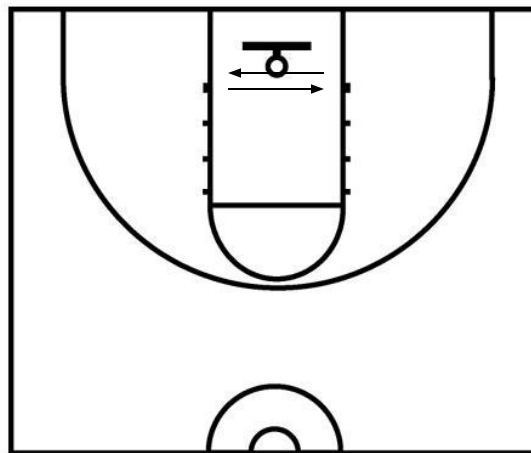
BASKETBALL



Miken Drill :30

DRILL

Player stands under basket facing baseline with ball in hand. On whistle player goes side to side with one handed shots off backboard. Must use right hand on right side and left hand on left side.



SCORING

Players will get one point for each made shot and 5 extra points for ten made shots in a row





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BASKETBALL

Full Dribble

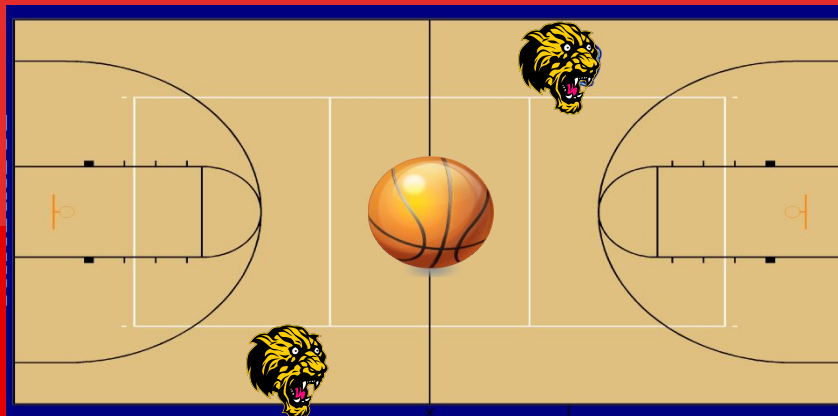
DRILL

Players will be timed from half-court to the baseline, then across the court, and through the original starting point.

Step 1

Step 2

Step 3



SCORING

:11:00 – 10pts
: 11:15- 9pts
: 11:30– 8pts
:11:45 – 7pts
:12:00 – 6pts
:12:15– 5pts
:12:30 – 4pts
:12:45 – 3pts
:13:00 – 2pts
>13:15 – 0pts



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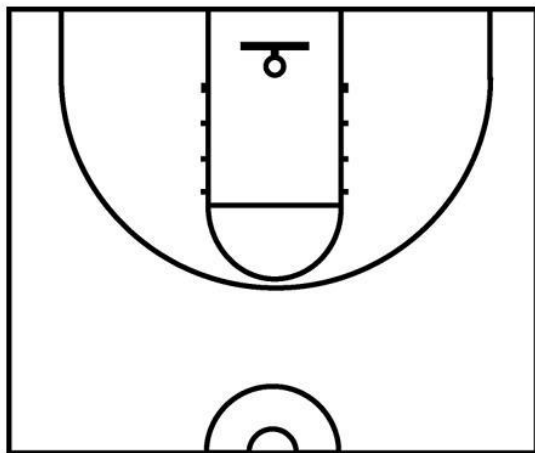
BASKETBALL

5 on 5 Scrimmage



DRILL

Players play 5 on 5 on the side courts in 5:00 games.



SCORING

Players will be playing in multiple five on five scrimmages in which they will have the opportunity to display their skills to the coaching staff. 50 points is given as a default score. The maximum score given will be a 100.



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BASKETBALL

Player Expectations



Just a reminder that players who are selected for the team are expected to be at ALL TEAM EVENTS.

If you cannot make that commitment, you should not try out for our basketball program.

Practices will be in the morning before school, starting at 7:00am.

