

Tryout Rubric: Skills & Scoring

Skill	Exceptional - 4	Average -3	Below Average - 2	Needs Improvement -1
Footwork	Understands, and is able to establish, triple threat position, pivot foot (both feet), and can “rip” or “sweep” to create space. Does so with speed and aggression.	Understands, and is able to establish, triple threat position, pivot foot (both feet), and can “rip” or “sweep” to create space.	Is able to establish, with practice, triple threat position, pivot foot (both feet), and can sometimes “rip” or “sweep” to create space. May not understand how these tactics are used in play.	Has difficulty understanding and establishing triple threat position, pivot foot (both feet), and cannot consistently “rip” or “sweep” to create space.
Dribbling	Dribbles with speed using both hands. Keeps eyes on the court and can use some advanced dribbling techniques (cross over, behind the back, between the legs, etc.)	Dribbles the ball with dominant hand with speed, and controls the ball with non-dominant hand at moderate speed. Mostly keeps eyes on the court.	Dribbles the ball with dominant hand at moderate speed, and with moderate control. Dribbles with non-dominant hand slowly and doesn’t always keep head up.	Has trouble controlling the ball with dominant hand and cannot use non-dominant hand with any control. Consistently looks at the floor while dribbling.
Passing	Passes with accuracy and strength to hit both stationary and mobile targets. Moves to catch pass aggressively and catches very well while moving and stationary.	Passes with moderate accuracy to stationary and mobile targets. Catches well when stationary and moderately well when moving.	Passes with moderate accuracy to stationary targets. Can’t consistently hit a moving target. Catches the ball well when stationary and inconsistently when moving.	Has difficulty hitting a stationary target, and rarely hits a moving one. Moves away from the pass when catching, and does not catch with consistency.
Defensive Positioning/Movement	Has a strong defensive stance: legs wide, knees bent, arms engaged. Keeps positioning and is able to maintain good spacing, apply pressure and adjust while staying in position against a dribble.	Has a good defensive stance: legs wide, knees bent, arms engaged. Maintains spacing and positioning while facing a moderately paced dribble.	Player demonstrates some mastery of defensive positioning and can stay in defensive stance while following a slower dribble.	Has difficulty maintaining defensive positioning.

Tryout Rubric: Skills & Scoring

Rebounding	Turns quickly from defense to box out position, makes firm contact and rebounds the ball aggressively.	Turns from defense to box out position, makes some contact and rebounds the ball most of the time.	Turns from defense to box out with less accuracy, establishes box out with minimal contact and sometimes rebounds the ball.	Unable to move from defense to box out position quickly or skillfully enough to rebound the ball.
Shooting - Layups	Shoots a layup in one fluid motion. Uses two steps without traveling and shoots with accuracy. Uses the backboard.	Able to dribble and take steps with fluidity. Aims for the backboard and is moderately accurate.	Has some difficulty mastering motion. Finishes the shot inconsistently and doesn't always use the backboard.	Struggles to dribble, take steps and shoot with control. Does not use the backboard.
Shooting - Distance	Starts jump shot with legs and, with fluid motion, jumps, flicks wrist and follows through. Maintains consistent form. Shoots with accuracy to the foul line - maybe beyond.	Uses good form with less fluid motion and follow through. Shot is consistent to the foul line.	Has trouble keeping consistent form and hitting the rim/backboard consistently. Finishes the shot less than half the time.	Form is weak or ever-changing when shooting. Has trouble hitting the rim or backboard.
Shooting – On the Move	Catches pass, takes steps and shoots layup fluidly. Cuts to a spot, catches the ball, sets feet and shoots jump shot with accuracy and fluidity.	Mostly able to catch pass and shoot a layup. May take a moment to set feet and shoot jump shot, but does so with moderate accuracy.	Catches the ball on the move and gets shot off about half the time. May get too far under the basket or travel. Moving jump shot is inconsistent.	Struggles to catch passes when moving. Has difficulty transitioning into the shot. May often lose control of ball, travel or miss rim/backboard.
Drill Comprehension	Listens when drills are explained. Executes drills with accuracy and can master multi-step drills after a couple of tries. Runs drills aggressively, at game speed.	Listens when drills are explained. Executes simple drills with moderate accuracy. Runs multi-step drills well with repetition.	Listens when drills are explained. Executes simple drills after a few tries but may have trouble finishing or keeping ball control.	Has a hard time listening when drills are explained and/or has difficulty running simple drills with control or accuracy.

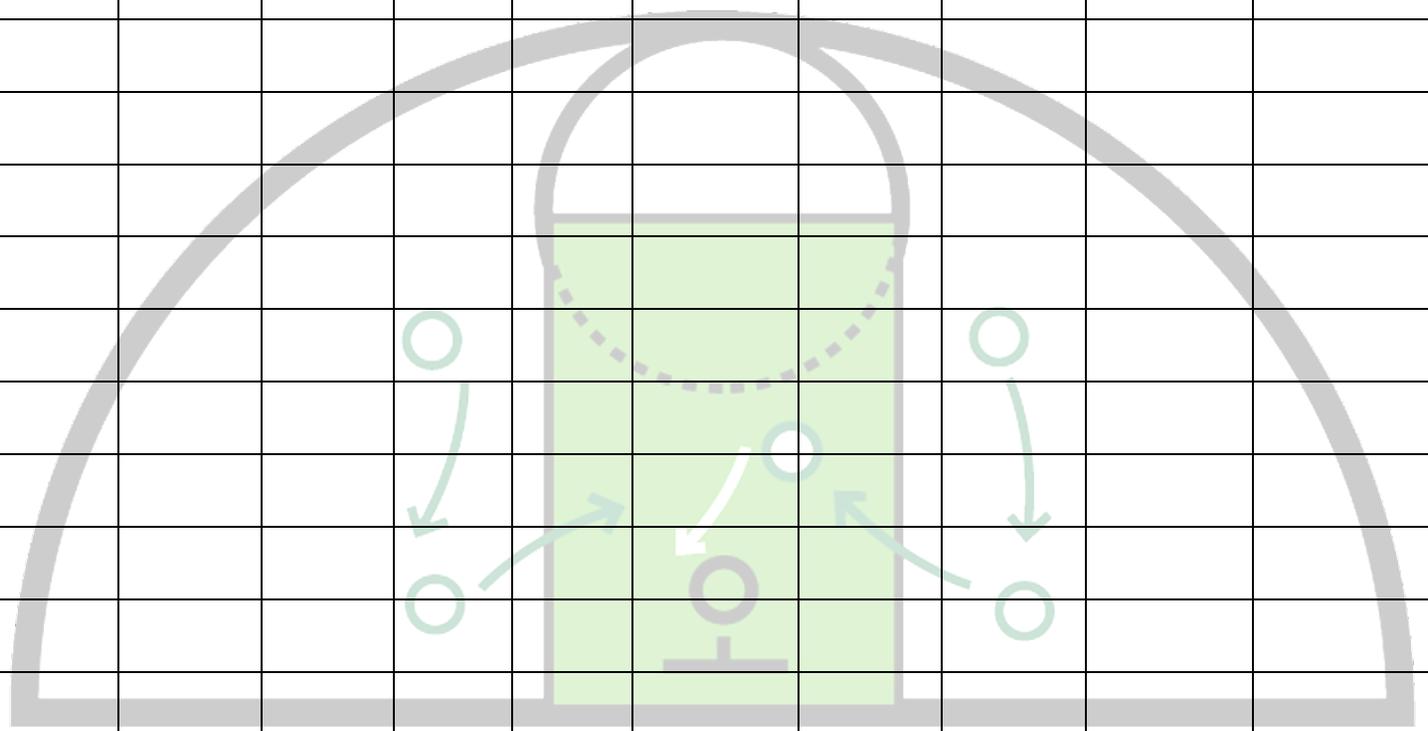
Tryout Rubric: Skills & Scoring

Ball Control	Takes care of the ball at all times. Rarely turns the ball over in drills, passes and catches well and strives to finish with accuracy.	Shows dedication to taking care of the ball – if not mastery. Doesn't turn the ball over often in drills; passes and catches well and strives to finish.	Works hard to take care of the ball, and does so moderately well in simple drills. As drills increase in intensity, ability to control the ball decreases.	Has consistent difficulty controlling the ball in drills.
Court Knowledge/Live Play	Aware and engaged when scrimmaging. Shows knowledge of the rules of basketball and understands her role on the court. Does not hog the ball offensively. Looks for the best option, passes well and takes care of the ball. Defends with hustle and intensity.	Engaged and mostly aware in scrimmages. Shows a working knowledge of the rules and seems moderately confident in her role on the court. Hits best option on offense about half of the time but may need work on sharing the ball. Defends well. Plays with hustle.	Tries hard in scrimmages and pays attention. May be unsure of calls and where to be offensively and defensively. Doesn't consistently hit best option on offense, but makes an effort. May turn the ball over or shoot too quickly. Plays with hustle – may seem timid or unsure in play.	Loses focus when scrimmaging, and/or has a hard time getting involved in play. Shows little knowledge of the rules. Is not a part of the offense or defense. Turns the ball over often and may shoot too quickly or get rid of the ball without looking for shot. May seem timid or unsure in play.

TEACHHOOPS.COM

Scale: 4 – Exceptional 3 – Average 2 – Below Average 1 – Needs Improvement

Tryout #	Name	Footwork	Dribbling	Passing	Defense	Rebounding	Shooting Layups	Shooting Distance	Shooting On the Move	Drill Comprehension	Ball Control	Live Play
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												



TEACHHOOPS.COM