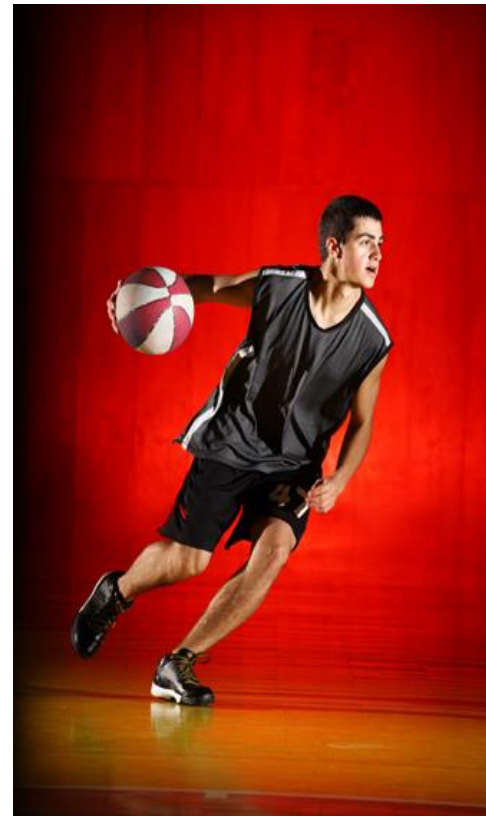


# HOW TO MAKE THE CUT IN BASKETBALL TRYOUTS

## ENJOY THE OPPORTUNITY

Take this opportunity to stand out. Too many young players try to fit in or defer by not doing anything wrong. This is the time to showcase 3 things that you can do to help this team. Spots are not granted by coaches, they are earned and taken by players. Take your spot! Do not wait to be chosen, **CHOOSE YOURSELF!**



## EMBRACE YOUR FEARS & GO FOR IT!

Most players get jittery or nervous during tryouts. Understand those nerves are excitement at the thought of doing something great. If you don't feel nervous, then you are probably not doing something you love. Channel nerves to excitement, not pressure.

## Channel Your Energy



## Stand Out With Your Ears & Feet

Be the first one to practice, first in line for a drill, and get moving. Listen to a coach with your ears and body language. Make it clear you value their words and time. **TUNE IN!!**

## Understand The Team Needs

If your H.S. team has three All District big men but no one to knock down open perimeter shots, align your skills to the need.



"I'll be the first 5'4" center in the NBA."

## What Not To Do

## Passion: Outwork Your Competition

Use every opportunity you can to prove you are a hustler who can get deflections, clean the glass like Windex, and run the floor like a gazelle. Communicate loudly and encourage other participants.



## LOVE YOURSELF AND DEVELOP YOUR GAME



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[www.BasketballHQ.com](http://www.BasketballHQ.com) - Online Training with Thousands of HD Videos  
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Success is never final, failure is never fatal. It's courage that counts.  
*John Wooden*

*Work on your skills whether you succeed or fail in tryouts, work on the game you love and develop your skills to make the most of your PASSION. Coaches don't put ceilings on your game – you do. The best way to prepare for a tryout is to put in the work on skill development and conditioning that will make you irreplaceable in the starting lineup.*

*Produced With Passion, Purpose and Power by Chris Corbett and Chris Price*