



Make-the-Team Cheat Code

Here are **25 tips** that a basketball player can use to increase their chances of standing out and being effective during a basketball tryout.

Skill and Performance-Related Tips:

1. **Master the Fundamentals:** Be strong in dribbling, shooting, passing, and footwork.
2. **Demonstrate Strong Defensive Skills:** Coaches love players who hustle on defense. Show intensity, stay in front of your opponent, and communicate on defense.
3. **Shoot Efficiently:** Take smart, high-percentage shots during scrimmages and drills. Focus on form and accuracy.
4. **Work on Ball-Handling:** Show control when dribbling, especially under pressure. Coaches appreciate players who can handle the ball confidently.
5. **Showcase Basketball IQ:** Make smart decisions on the court—whether to pass, shoot, or move without the ball. Show that you understand the flow of the game.
6. **Play Tough in the Paint:** Box out, rebound, and finish strong near the basket. Hustling for rebounds is always noticed.
7. **Run the Floor:** Sprint back on defense and hustle in transition offense. Your effort in these areas can make a big impression.

8. **Be Versatile:** Show that you can play multiple positions, whether it's handling the ball or playing in the post.
9. **Be Coachable:** Listen carefully to instructions and adjust your play when feedback is given. Coaches value players who can learn and adapt.
10. **Demonstrate Court Vision:** Show that you can read the court and make quick, effective passes to open teammates.
11. **Communicate on the Court:** Talk during defense, call for the ball, and encourage teammates. Leadership and communication are essential skills.
12. **Display Consistent Effort:** Whether you're shooting, defending, or participating in drills, always give maximum effort.
13. **Stay Balanced and Control Movements:** Focus on body control—don't rush movements. Controlled, balanced players are more effective.
14. **Conditioning Matters:** Stay in top shape. Show that you can keep up the intensity throughout the tryout without getting fatigued.
15. **Master Pivoting and Footwork:** These are essential for both offense and defense. Make sure your movements are quick and efficient.

Attitude and Behavior-Related Tips:

16. **Stay Positive:** Bring a positive, upbeat attitude. Even if you make mistakes, keep encouraging your teammates and stay motivated.
17. **Be a Team Player:** Show that you can work well with others by passing when needed and looking for the best play for the team, not just yourself.
18. **Show Respect for Coaches and Teammates:** Be polite and respectful. Listen carefully to what the coaches are asking for and show that you

can be a respectful player both on and off the court.

19. **Exhibit Confidence:** Show that you believe in your skills and decisions. Confidence (without arrogance) can help you stand out.
20. **Stay Focused:** Pay close attention during drills and scrimmages. Avoid distractions and show that you can stay mentally engaged throughout the tryout.

Preparation Tips:

21. **Get a Good Night's Sleep:** Rest is essential. Make sure you are well-rested before the tryout to stay mentally sharp and physically strong.
22. **Eat a Healthy Meal:** Eat something nutritious before the tryout, like a light meal that includes carbohydrates and protein for energy.
23. **Hydrate:** Drink plenty of water before and during the tryout to stay hydrated and avoid cramping.
24. **Warm-Up Thoroughly:** Make sure to warm up your muscles and get your body ready for action. Avoid cold starts, as it can affect your performance early on.
25. **Be Prepared for Pressure:** Mentally prepare for high-pressure situations like free throws or scrimmages. Handling pressure calmly can help you shine when it matters most.

By combining these technical, mental, and preparation tips, a player can make a strong impression during basketball tryouts and increase their chances of making the team.