



EPGBA 2010 Tryout Drills & Format

4th – 8th grade girls

Location for both sessions: EPHS Activity Center

Friday, September 17

4th/5th/6th Grade -- 6:00-7:45

7th/8th Grade -- 8:00-9:45

Sunday, September 19

4th/5th/6th Grade -- 1:00-2:30

7th/8th Grade -- 2:45-4:15

Day One

- **Two ball drills** (same time, alternate dribble, cross over)
- **One ball** (Three dribbles forward, two back, repeat length of court)
- **3 on 2 fast-break drill** (5 lines, two outside girls sprint full court and get back on defense. Middle three girls do a three man weave for a lay-up and then attack the 2 defenders)
- **Timed layup drill for 30 seconds** (see how many right and left handed layups girls can make in 30 sec. must be taken back to the elbow each time with ball dribbled with inside hand)
- **Timed elbow shooting for 30 seconds** (shoot elbow to elbow)
- **One on One Knock out** (game starts with normal rotation, no winner stays. Half way through, if you score you stay, with new defense. Three dribble limit)
- **4 on 4 on 4 full court** (one team under each basket, one in the middle. If offense scores they go against team under the other basket)
- **Five on Five**

Day Two

- **Five on Five** the whole time.

What to expect:

- Girls will check-in at EPGBA travel tryout registration table in Activity Center Lobby.
- Each girl will be assigned a numbered jersey she will wear for both sessions
- Tryouts are closed to parents and EPGBA board members. Only outside evaluators and tryout coordinator are allowed in the gyms. (see June 2010 EPGBA meeting minutes if interested in evaluator criteria)
- EPGBA requests parents/guardians attend an informational meeting the last 20 minutes of Sunday's tryout session in the activities center classroom (across from main gym).
- Parents /guardians will need two checks payable to EPGBA at time of player check-in.
 - Check #1 - \$150 (fee for team play with paid coach; check will be destroyed if your child does not have a paid coach)
 - Check #2 - \$100 (volunteer deposit for EP Basketball tournament on Nov. 5-7; check will be destroyed if you work your assigned shift)