

Osseo Maple Grove Basketball Association

Traveling Team Tryout Guidelines

I. Purpose

The purpose of these guidelines are to establish a uniform process and set of criteria to assure Osseo Maple Grove Basketball Association (OMGBA) that each player is given a fair and just opportunity to demonstrate his/her ability. These guidelines are further intended to promote the integrity of the selection process by requiring the traveling coaches to be accountable for their selection decisions. Although the final player selection decisions are left to the sound discretion of the coach so long as they are within parameters set forth herein, these guidelines are to promote decisions based upon each individual's skill and ability as determined by the independent evaluators, along with other valid and reasonable determinations made by the coach and, in some instances, approved by the respective independent evaluators and traveling coordinators.

II. Application

These guidelines apply to all traveling tryouts. They apply with equal force to the girls and boys tryouts and at all grades for both Osseo and Maple Grove.

III. Tryout Times and Guidelines

- A. The times for the tryouts will be determined by the Board of Directors of OMGBA. The tryouts, at a minimum, shall be conducted during two days. Each tryout session may last up to three hours.
- B. The first part of the tryout will be devoted to evaluating each player as they perform drills intended to assess the player's skill and ability in three separate areas, including shooting, dribbling (speed and controlled), and rebounding. The evaluations should be performed by at least four independent evaluators, having at a minimum one evaluator per station.
- C. The second part of the tryout will involve, at a minimum, scrimmages of all players in both 3 on 3 games and 5 on 5 games. The same independent evaluators will participate in the second part of the tryout as well. During this section, the independent evaluators will assess each player's skill and ability in three separate areas, including offense (with and with out the ball), passing, and defense. A minimum of two evaluators will evaluate offense and passing and a minimum of two evaluators will evaluate defense. They're scores will be averaged to give each player one score for each area.

- D. At the completion of the drills and scrimmages, all scores will be tabulated and a ranking of all players will be completed. The independent evaluators will be required to sign-off on the final ranking form approved by the Association. This form will identify the player's rank based upon all scores derived from both the drills and the scrimmages in the first two sections of the tryout.
- E. The organization, structure, and specific drills of any tryouts following the first two sections shall be left to the discretion of the respective coaches. At this time the coaches may continue scrimmages to match-up specific players and evaluate positions. The independent evaluators' final rankings and the coaches' analysis of the match-up scrimmages will result in the team selection. (See VI.)
- F. Although the Osseo Maple Grove Basketball Association does not prohibit parents from observing the tryouts, we strongly recommended for the comfort and safety of the players that parents not attend. The Association makes this recommendation because the parent's attendance may place additional stress or pressure on some players. Further, some of the facilities at which the tryouts will be held may not be adequate to accommodate parents. For those parents who do attend the tryouts, no coaching or instructing players will be allowed.
- G. Players will be notified of team placement on the OMGBA web site. See XI. Player Notification Section.

IV. Participation Required

- A. No player shall be placed on a traveling team who did not, unless a valid medical reason precluded such participation, take part in the first two tryout sessions. Other than a valid medical reason, no other exceptions to participating will be recognized.
- B. If a valid medical reason prevented a player from participating in the first two tryout dates, the coach must obtain permission from the appropriate traveling coordinator before such a player can be placed on a team. Permission will not be granted unless the request is accompanied by a written explanation for the proposed selection, which establishes that the proposed selection is based upon reasonable and valid considerations.

V. Independent Evaluators

- A. In order to assure the independence of the evaluators, the Traveling Commissioner will assign evaluators to the respective tryouts. Evaluators assigned to the girls traveling team tryouts will consist, at a minimum, of the coaches that have been assigned to coach the boys traveling teams. The evaluators assigned to the boys traveling team tryouts will consist, at a minimum, of the coaches that have been assigned to coach the girls traveling teams. To the extent that additional evaluators are needed, they will be members of the Board of Directors or approved by the Traveling Commissioner.
- B. The specific evaluators assigned to a tryout site will be made in accordance with the following rules:
 - i. The evaluator may not have a family member trying out for the traveling team;
 - ii. The evaluator must have a general lack of familiarity with the players trying out for the team; and
 - iii. A coach may not be assigned to evaluate players at the same grade at which he/she will be coaching.

VI. Player Selection

The “A” coach is responsible for selecting those players who will play on the “A” team. Likewise, the “B” coach is responsible for selecting those players who will play on the “B” team. The final player ranking as determined by the independent evaluators will be used by the respective coaches, in their discretion, in selecting players to the respective teams, subject to the following rules:

- A. High School Aligned “A” Team Selections
 - i. The “A” coach can select, without explanation, any player who ranked 1 through 15.
 - ii. If the “A” coach intends on selecting a player who ranked below 15, the coach must obtain majority approval from the independent evaluators evidenced by signatures on the final rankings form specific to the request. Approval will only be granted if the request is based upon a valid and reasonable basis. This approval must precede any posting of team results. The coach must provide a written explanation to the traveling coordinator at the conclusion of the tryouts.

- iii. If the “A” coach does not intend to select a player that ranked in the top 5, the coach must obtain majority approval from the independent evaluators evidenced by signatures on the final rankings form specific to the request. Approval will only be granted if the request is based upon a valid and reasonable basis. This approval must precede any posting of team results. The coach must provide a written explanation to the traveling coordinator at the conclusion of the tryouts.

B. High School Aligned “B” Team Selections.

- i. The “B” coach can select, without explanation, any player who ranked 1 through 25.
- ii. If the “B” coach intends on selecting a player who ranked below 25, the coach must obtain majority approval from the independent evaluators evidenced by signatures on the final rankings form specific to the request. Approval will only be granted if the request is based upon a valid and reasonable basis. This approval must precede any posting of team results. The coach must provide a written explanation to the traveling coordinator at the conclusion of the tryouts.
- iii. If the “B” coach does not intend to select a player in the top 5 remaining after the “A” team has been selected, the coach must obtain majority approval from the independent evaluators evidenced by signatures on the final rankings form specific to the request. Approval will only be granted if the request is based upon a valid and reasonable basis. This approval must precede any posting of team results. The coach must provide a written explanation to the traveling coordinator at the conclusion of the tryouts.

C. High School Aligned “C” Team Selections.

- i. The “C” coach can select, without explanation, any player who ranked 1 through 35.
- ii. If the “C” coach intends on selecting a player who ranked below 35, the coach must obtain majority approval from the traveling coordinator, “A” coach, and “B” coach evidenced by signatures on the final rankings form specific to the request. Approval will only be granted if the request is based upon a valid and reasonable basis. This approval must precede any posting of team results. The coach must provide a written explanation to the respective traveling coordinator at the conclusion of the tryouts.

- iii. If the “C” coach does not intend to select a player in the top 5 remaining after the “A” and “B” teams have been selected, the coach must obtain majority approval from the traveling coordinator, “A” coach, and “B” coach evidenced by signatures on the final rankings form specific to the request. Approval will only be granted if the request is based upon a valid and reasonable basis. This approval must precede any posting of team results. The coach must provide a written explanation to the traveling coordinator at the conclusion of the tryouts.

D. Combined “B” Team Selections.

- i. The combined “B” coach can select, without explanation, any player who ranked 1 through 18 during their tryout for the respective “A” team.
- ii. If the “B” coach intends on selecting a player who ranked below 18 during their tryout for the respective “A” team, the coach must obtain majority approval from the traveling coordinator and both respective “A” coaches evidenced by signatures on the final rankings form specific to the request. Approval will only be granted if the request is based upon a valid and reasonable basis. This approval must precede any posting of team results. The coach must provide a written explanation to the respective traveling coordinator at the conclusion of the tryouts.
- iii. If the combined “B” coach intends on not selecting a top three player remaining after the high school aligned teams have been selected, the coach must obtain majority approval from the traveling coordinator and both respective “A” coaches evidenced by signatures on the final rankings form specific to the request. Approval will only be granted if the request is based upon a valid and reasonable basis. This approval must precede any posting of team results. The coach must provide a written explanation to the traveling coordinator at the conclusion of the tryouts.

VII. Reducing Number of Players at Tryouts

- A. No player shall be cut from the tryouts until, at the earliest, the conclusion of the second day and the final rankings have been established and approved by all independent evaluators.
- B. For all tryouts where the “B” team is aligned with the high school boundaries, no player who ranked 1 through 25 shall be cut until after both the “A” team and the combined “B” teams have been selected. The decision to invite players back after the second tryout that ranked lower than 25 rests within the sound discretion of both the “A” and “B” coach.
- C. For all tryouts where the “B” team is a combined team, no player who was ranked 1 through 20 shall be cut until after all high school aligned teams have been selected. The decision to invite players back after the second tryout that ranked lower than 20 rests within the sound discretion of both the “A” and “B” coach.

VIII. Individual Player Evaluations

- A. All players trying out will receive an individual player evaluation form approved by the Board of Directors of the Osseo Maple Grove Basketball Association. This form will directly reflect all scores given by the independent evaluators in the areas of ball handling, shooting, rebounding, offensive ability, passing, and defensive ability. This evaluation form may also include comments from the respective coaches.
- B. The evaluation form will be mailed to each player by the respective coaches or, in the case of players making a traveling team, given at one of the first practices.

IX. Record Keeping Requirements

- A. The assessments of the independent evaluators will be recorded on duplicate forms provided by the Osseo Maple Grove Basketball Association. At the conclusion of the first and second dates of the tryouts, the duplicate copy shall be given to the coaches. The originals shall be retained by one of the evaluators.
- B. The “A” team coach, at the conclusion of the drills and scrimmages, shall consolidate all drills scores and average all scrimmage scores to arrive at a single summary ranking of all players. This document will be reviewed and signed by all evaluators. The duplicate copies of this document will be retained by the coaches. The original forms completed by the independent evaluators and the original summary form completed by the “A” team coach will be turned in to the traveling coordinator. Any selections supported by a majority of independent evaluators or traveling coordinator and traveling coaches will be evidenced by respective signatures on the summary page of the respective rankings.

- C. Any coach who selects a player which requires a written explanation as provided in sections IV (B) and VI must submit such written material to the traveling coordinator at the conclusion of the tryouts.

X. Evaluation Criteria – Drills and Scrimmage Scoring

Each Player will be evaluated by the independent evaluators in six separate areas, including ball handling, shooting, rebounding, offense, passing and defense. With regards to each of these skills, the players will be evaluated in accordance with the following:

- A. Ball Handling. Players will be asked to participate in two dribbling drills. Players will be evaluated on their ability to dribble with both left and right hand. One drill will involve speed dribbling, while the other drill will involve a controlled dribble with offensive moves. The drills will be designed to evaluate the players' form and ability.

The speed dribble will require the players to dribble as fast as they can to the half court and back and the end court and back. The players will be required to change hands at every change of direction. The player will receive the best of two times in this drill. The score (1-5) will be based on ball control and keeping the head up, as well as time.

The control dribble drill will require the player to dribble between cones placed in a zig-zag pattern. The player will switch direction at each cone using various offensive moves. These moves may consist of cross-overs, reverse spins, between the legs, and behind the back. The drills should recognize the respective player's age and ability. Proper technique requires that the player keep his/her head up with the eyes focused down the court instead of on the ball, knees should be slightly bent; finger and thumb tips contact the ball, not the palms of the hands. The dribbling hand is positioned on top of the ball and towards the back. When dribbling, the wrist and finger tips should be flipped. The lower arm should move in a pumping action to propel, receive and propel the ball again. The dribbling should be kept low – sock to knee high. The opposite hand and leg should be used to protect the ball when being guarded. The ball should be in the players control at all times. The score (1-10) will be based on the proper techniques listed above and the ability to complete all moves required.

- B. Shooting. Players will be evaluated on both form and accuracy. Players will be asked to participate in four separate shooting drills, including Mikan, Larry Bird, Catch and Shoot, and continuous V lay-ups (both right-handed and left-handed). Each of the four drills will be given a score (1-5).

Proper shooting form for the Larry Bird and Catch and Shoot drills require that the player is square to the basket. The player's upper arm should be parallel to the floor, forearm should be at a 90 degree angle, the wrist should be cocked with the shooting hand under and behind the ball, the ball should rest on the pads of the fingers (not on the palms of the hands), feet should be shoulder width apart, and the elbow should be kept in close to the body and placed directly under the ball. On the shot, the arm should be pushed up and through the ball. The wrist and finger tips should follow all the way through.

With regard to the Mikan and V lay-ups, players will also be evaluated on whether they explode off the proper foot, shoot the ball with the proper hand, protect the ball with the non-shooting arm, keep their head up as they approach the basket, and whether the ball makes contact in the proper area on the backboard.

- C. Rebounding. To assess the player's rebounding ability, the players will participate in a 2 on 2 box-out drill. In this drill, the offense players line up at the elbows. A defensive player will be assigned to guard each of the offensive players and will be positioned at the low post to start. The ball will be passed to one of the offensive players who will shoot the ball. The defensive players must box out. The offensive players will attempt to rebound and score. Play will continue until the defense rebounds the ball.

Players will be evaluated and given a score (1-5) on three separate rebounding areas. The first area will be assessing the player's ability to properly position themselves on the court, on both offense and defense. It will also involve the player's ability to make and maintain contact with their opposed player until the ball comes off the rim. Proper position requires that the feet be kept parallel, shoulder width apart and directly under the shoulders. The player must have flexibility in his/her knees, which requires that they be slightly bent with their body weight on the balls of their feet. The trunk of the body should have a slight bend in the direction of the basket.

The second area will be assessing the players' ability to jump-up and maintain control of the ball. If the player is on offense, can they score off the rebound? If the player is on defense, can they pivot and pass?

The third area will include an assessment of the player's aggressiveness in going after the ball and ability to make moves against the defender who is attempting to box out.

- D. Offensive Skill. The player's offensive skill will be evaluated while the players participate in 3 on 3 and 5 on 5 scrimmages. All evaluators will be assessing the player's overall offensive ability in three primary areas, with a score (1-5) given for each area. The first area is offensive moves, assessing the players' ability to make moves with a dribble against defense, ball fake, and drive to the basket. The second area assesses the players' court awareness and basketball knowledge. This includes their leadership and communication skills, ability to recognize and maintain floor balance, ability to set proper screens, whether the player properly uses the screens, and the players movement without the ball (give and go, pick and roll. etc..). The third area assesses the players' ability to shoot under pressure, follow their shot and rebound.
- E. Passing and Receiving Ability. Players will be evaluated on how well they pass and receive a pass in game situations while taking part in the scrimmages. The players will be given a score (1-5) on their ability to utilize chest, bounce and base ball passes. The player will be evaluated on the accuracy, timing and crispness of their passes. How well the individual demonstrates the "Team Player" concept, will also be reflected in this score.
- F. Defensive Ability. The player's defensive skill will also be evaluated while the players participate in 3 on 3 and 5 on 5 scrimmages. The evaluators will be assessing the player's overall defensive ability in three primary areas. The player will receive a score (1-10) on their defensive stance and movement. The player must stay low, with knees bent, back straight and arms up and out. The player must demonstrate the ability to shuffle and drop step with the offensive player, while using the proper footwork and denying the passing lanes. The second area to be evaluated, scored (1-10), is the players proper defensive positioning and anticipation. Here the evaluator is looking for the players' ability to stay between the offensive player and the basket, to anticipate passes for steals and to box out for defensive rebounding. The third area to be evaluated, scored (1-10), is the players overall pressure, aggressiveness, and speed. These can also be looked at as hustle points. The evaluators will assess how hard the player is working on defense and how well they communicate with their teammates.
- G. The score card used by the independent evaluators is shown below

Evaluation Scale

5 - Player demonstrates exceptional ability.

4 - Player demonstrates proficient ability.

3 - Player adequately completes the skill.

2 - Player demonstrates emerging skills.

1 - Player demonstrates limited ability in this area.

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<u>Skills</u>	<u>Evaluation Criteria</u>	<u>Pts</u>
Ball Handling		15
Speed Dribble	Under Control/Head-up/Use of both hands	1-5
Recorded best of two times		
Cone Dribble	Under Control/Head-up/Use of both hands	1-5
	Ability to complete all 4 moves	1-5
Shooting		20
V-lay-ups	Form/Both Hands/Accuracy	1-5
Mikan	Form/Both Hands/Accuracy	1-5
Catch & Shoot	Square-up/Form/Accuracy/Range	1-5
Larry Bird	Square-up/Form/Accuracy/Range	1-5
Rebounding		15
2 on 2 Box-out	Positioning/Contact/Boxing Out	1-5
	Jumping/Pivoting/Scoring	1-5
	Aggressiveness	1-5
Skill Points		50
<u>Scrimmages</u>	<u>Evaluation Criteria</u>	<u>Pts</u>
Offensive Ability		15
3 on 3 & 5 on 5	Offensive moves/Fakes/Drives/Shoots	1-5
	Court Sense/Screens/Off-ball Movement	1-5
	Shoot and Rebound under pressure	1-5
Passing/Receiving		5
3 on 3 & 5 on 5	Uses variety off passes/Finds open player	
	Passing Accuracy/Timing/Crispness	1-5
	Catches the ball & Squares-up	
Defense		30
3 on 3 & 5 on 5	Defensive Stance/Shuffle/Drop-step	1-10
	Positioning/Anticipation/Rebounding	1-10
	Pressure/Aggressiveness/Speed	1-10
Scrimmage Points		50
Total Points		100

XI. Player Notification Guidelines

- A. After a minimum of two tryout dates have been completed, all final rankings are signed by the independent evaluators, and all necessary approvals are granted by a majority of the independent evaluators, the “A” team may be chosen. A third tryout date may be necessary due to the numbers of players trying out. After the “A” team has been selected, the traveling coordinator will e-mail the Web-master the OMGBA Result Form. This form will include all players making the “A” team listed with initials and in tryout jersey number order. The web-master will then post this form on the web page in the respective section. The players listed as making the “A” team have completed their tryout and will not return for the following tryout dates. Those players that do not appear on the “A” team list must return on the next tryout date to be considered for a traveling team.

- B. Only after the “A” team has been posted, the independent evaluators sign all final rankings, all necessary approvals are granted by a majority of the independent evaluators, and any additional tryout dates have been completed will the “B” team be selected. After the “B” team has been selected, the traveling coordinator will e-mail the Web-master the OMGBA Result Form. This form will include all players making the “B” team listed with initials and in tryout jersey number order. The web-master will then post this form on the web page in the respective section. The players listed as making the “B” team have completed their tryout and will not return for any following tryout dates. Those players that do not appear on the “B” team list are encouraged to attend the house league draft unless a “C” team or combined “B” team is approved.

- C. Only after the “A” team and “B” team has been posted, all necessary approvals are granted by a majority of the traveling “A” coaches, traveling “A” and “B” coaches, and traveling coordinator, and any additional tryout dates have been completed will the “C” team or combined “B” team be selected. After the “C” team or combined “B” team has been selected, the traveling coordinator will e-mail the Web-master the OMGBA Result Form. This form will include all players making the “C” or combined “B” team listed with initials and in tryout jersey number order. The web-master will then post this form on the web page in the respective section. The players listed as making the “C” team or combined “B” team have completed their tryout. Those players that do not appear on the team list are encouraged to attend the house league draft.