

Preparations for Tryouts

A few good ideas for players are:



1. Arrive early and prepared so you can stretch and don't feel rushed.
2. Don't focus on any other player.
3. Don't try to interpret what the coaches are thinking or writing down. You may be way off.
4. Don't try to do things you can't do. Do what you know how to and do it well.
5. Work hard when you don't have the ball. Coaches will evaluate all aspects of your game.
6. Forget any mistakes. Every player will make mistakes in tryouts and in game play. How you respond to those mistakes is more important to the coaches.
7. Stay focused. During tryouts you are there to make a team, not friends. That part will come after the team is selected.

GOOD LUCK!