

## Evaluation Criteria – Drills and Scrimmage Scoring

Each Player will be evaluated by the independent evaluators in six separate areas, including ball handling, shooting, rebounding, 1-on-1, offense, 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.
- 1) **The speed dribble** will require the players to dribble as fast as they can to the half court and back and to the end court and back. The players will be required to change hands at every change of direction. The player will receive the better 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.
  - 2) **The cone 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 will 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 as if being guarded. The ball should be in the players control at all times. The score (1-5) will be based on the proper techniques listed above and the ability to complete all moves required.
  - 3) **The 2 Ball dribble** drill will require the player to dribble with both hands. 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. Both balls should be in unison to show strength in both hands. The score (1-5) 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 two separate shooting drills, including 5 Spot Shooting, Elbow Shooting, and continuous V lay-ups (both right-handed and left-handed). Each of the drills will be given a score (1-5).
1. **Proper shooting** form for the Catch and Shoot requires that the player is square to the basket. The players 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.

2. With regard to the **V lay-ups**, players will 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 rebound the ball. Players will be evaluated and given a score (1-5).

Players will be assessed on their ability to properly position themselves on the court (both offense and defense), player's ability to make and maintain contact with their opposed player until the ball comes off the rim, player's ability to jump-up and maintain control of the ball, and the player's aggressiveness in going after the ball and ability to make moves against the defender who is attempting to box out.

- D. **One-on-One Rollout.** In this drill players will form a straight line under the basket. The first offensive player will start at the top of the key. The first defender will roll the ball to the offensive player and follow the ball to a close out defensive position. The offensive player will have a maximum of five dribbles to score. Play stops on a score or a defensive rebound. Play is reset on an offensive rebound. It is make-it, take-it for the offensive player up to a maximum of three different defenders. The next player in line becomes the next defensive player. The defensive rebounder becomes the offensive player on a defensive rebound.

- E. **Offensive Skill.** The player's offensive skill will be evaluated while the players participate in 3 on 3 and 5 on 5 scrimmages. 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 ball handling, court awareness, and passing. The second area is the ability to score (outside and/or inside) and drive to the basket. The third area is rebounding, off-the-ball movement, and talking.

- F. **Defensive Ability.** The player's defensive skill will be evaluated while the players participate in 3 on 3 and 5 on 5 scrimmages. Evaluators will be assessing the player's overall defensive ability in three primary areas, with a score (1-5) given for each area. The first area is defensive stance, shuffle, denial, and help-side. The second area is defensive positioning, rebounding, and boxing out. The third area is defensive pressure, aggressiveness, and anticipation. Overall, the evaluators will assess how hard the player is working on defense and how well they communicate with their teammates.

**Team Placement.** The player's basketball skills will be evaluated while the players participate in 3 on 3 and 5 on 5 scrimmages. Evaluators will be assessing the player's overall basketball abilities, team play, and presence with a score of (1-20) given. This evaluation