

# Eden Prairie Boys Basketball Association

## In-House Evaluations

### #1 Lay-Ups

#### Individual Drill – 30 Seconds.

The player starts with the ball at the free throw line. When the whistle blows, the player makes as many lay-ups as he can in the allotted time. After each attempted lay-up, the player must get the rebound and return to and touch the free throw line with at least one foot before attempting another lay-up.

#### ***Look for:***

- Dribbling skills, coordination,
- Right handed dribble, right hand shot from the right side.
- Left hand dribble, left hand shot from the left side.
- Use of the backboard.
- Head up while dribbling.
- Jumping ability (with appropriate footwork)
- Baskets made (count the number made by each player)

#### ***Rating:***

Give each player a rating of **1 to 10**, with 10 being the highest. Since this is a subjective skill, consistency in grading is extremely important. Please use the same grader for all players. Some basic guidelines:

- If a player is uncoordinated, can't dribble or shoot he gets a 1.
- If a player is exceptionally coordinated, goes to both sides of the basket using correct hands when dribbling and shooting, jumps on the release, uses the back board and makes all the shots, he gets a 10.

Depending on the grade level, all the rest fall in-between at different levels. Record the player's rating on the master list attached.

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### #2 1 v. 1 v. 1 (Make it, Take it)

#### Group Drill – 30 Seconds max per Individual Player’s turn on Offense.

- Watch time so all players get at least 1 turn on Offense during the drill.
- Two or three baskets can be used at one time - Divide into smaller groups

In each group, form a straight line of players under the basket and out of bounds. Offensive Player (O) starts at the Free Throw line. Defensive Player (D) starts under the basket. D player tosses ball to O. They play one on one with these rules: O has maximum 3 dribbles to score. If O scores, they keep the ball, and next player in line is on D. If O misses OR D steals OR D steals & scores then D moves to O and the next player in line is on D. Maximum 3 turns in a row on O.

#### **Look for:**

- Ball handling, coordination, fakes and shot selection on Offense
- Stealing and scoring from Defense
- Count the number of shots taken AND made by each player

#### **Rating:**

Give each player a rating of **1 to 10**, with 10 being the highest. There are some quantitative measures (shots taken, made) and some qualitative measures, therefore consistency in grading is important. Please use the same grader (and scale) for all players.

- 0 for players who dribble > 3 times, double dribble or no shot
- 1 – 4 for players who get a shot off and miss (better shot selection, ball handling scores higher)
- 5 for players who make one shot
- 6-7 for players who make a shot in multiple rounds
- 8-10 for players who scored  $\geq 3$  shots (better shot selection, ball handling, stealing and scoring from defense scores higher)

Record the player’s rating on the master list attached.

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### #3 Cone Dribbling

#### Individual Drill – 30 Seconds.

The player starts with the ball at one end of the court and it to dribble between the cones from one end to the other and back. The player is to alternate between hands as they cross between the cones.

#### ***Look for:***

- Dribbling skills, coordination, right hand dribble when going to the right, crossover dribble as he changes direction, left hand dribble from left side, etc.
- Keeping the ball under control and low when dribbling.
- Speed and ease of dribbling.
- Head up while dribbling.

#### ***Rating:***

Give each player a rating of **1 to 10**, with 10 being the highest. Since this is a very subjective skill, consistency in grading is extremely important. Please use the same grader for all players.

- If the player is uncoordinated, can't dribble with either hand, he gets a 1.
- If the player is exceptionally coordinated, using correct hands when dribbling, crossing over when changing directions, keeping his head up, ball low and gliding through the cones, he gets a 10.

Depending on the grade level, all the rest fall in-between at different levels. Record the player's rating on the master list attached.

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### #4 Defensive Shuffle for Grades 3-4, See #8 for Grades 5-8

#### **Individual Drill – 20 Seconds.**

Two players line up on the outside edge of the free throw lane. When the whistle blows, the boys slide across the lane to opposite side and touch the lane line with their hand. They then slide back to the other side and touch the lane line with the other hand. They repeat sliding back and forth until the whistle blows again.

#### ***Look for:***

- Coordination, sliding, not crossing of feet as they slide.
- Defensive position (i.e., bottom lowered and hands out to the side, staying down in the defensive positions throughout, etc.)
- The number of times they complete the drill (back & forth across the lane) in the allotted time

#### ***Rating:***

Give each player a rating of **1 to 5**, with 5 being the highest. Since this is a subjective skill, consistency in grading is extremely important. Please use the same grader for all players.

- If the player crosses their feet, stumbles, doesn't have a defensive position, he gets a 1.
- If a player has good defensive position, slides quickly to left and right and stays low, he gets a 5.
- Count the number of times they complete the drill (outlined above) to impact the overall rank

Depending on the grade level, all the rest fall in-between at different levels. Record the player's rating on the master list attached.

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## In-House Evaluations

### #5 Passing for Grades 3-4, See #7 for Grades 5-8

#### Group Drill – 60 Seconds

Pair up two players. Have the players stand about 8 feet apart. Have them perform chest passes, bounce passes, and overhead passes. Several groups of boys can go at one time.

#### ***Look for:***

- Ability to pass the ball.
- Ability to catch the ball.

#### ***Rating:***

Give each player a rating of **1 to 5**, with 5 being the highest. Since this is a subjective skill, consistency in grading is extremely important. Please use the same grader for all players.

- If a player cannot hit the other player or perform a proper pass, he gets a 1.
- If a player has good form and can hit the other players with all pass types, he gets a 5.

Depending on the grade level, all the rest fall in-between at different levels. Record the player's rating on the master list attached.

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## In-House Evaluations

### #6 Perimeter Shooting

#### Individual Drill – 30 Seconds.

Line up the player at cone #1. When the whistle blows the player must attempt a shot at each cone one at a time. Once the player has shot, have him move to the next cone and attempt the shot until he has gone to cone #5. At cone #5, he will shoot twice and rotate back around shooting at each once until he reaches the #1 cone...

#### ***Look for:***

- Proper shooting form, including good follow through
- Ability to move around the perimeter and shoot with accuracy.

#### ***Rating:***

Give each player a rating of **1 to 10**, with 10 being the highest. Give the player one point for each shot made. Please use the same grader for all players.

- If a player doesn't make any shots, he gets a 1.
- If a player makes all of his shots, he gets a 10.
- If a player doesn't make a lot of shots but has good form, rank him higher than his basket total.
- If a player used poor techniques but still makes a lot of lucky baskets, rank him lower than his basket total.

Depending on the grade level, all the rest fall in-between at different levels. Record the player's rating on the master list attached.

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## In-House Evaluations

### #7 3 vs. 3 – For Grades 5 - 8

**3 vs. 3 “Game” – 2 minute time limit if teams haven’t scored**

#### **SET UP:**

Have the players line up in their evaluation “number” order.

- Take the first 3 players in line and call them Team A.
- Take the next 3 players in line and call them Team B.
- *Repeat with the next 6 players in line.*

If the teams aren’t even, sub in extra players after each team has played once. If the number of kids in the evaluation group is evenly divisible by 3, mix up the teams after everyone has played once, by counting off for “X” number of teams.

Keep playing and rotating until it's time for players to move to the next station. Try to keep everyone organized and moving quickly to get as many reps in as possible.

#### **CONTEST:**

Team A starts with the ball and the two teams play a half-court 3 vs 3 game. Most regular rules apply.

- A made basket results in a change of possession.
- Fouls result in receiving the ball at the top of the key.
- After 2 baskets, rotate, drafting a new Team A and a new Team B

Evaluators serve as referees.

#### ***Look for:***

- Hustle to the ball.
- Defensive skills: Moving the legs and in the proper position. Extra points for a clean steal or a blocked shot. Low individual points for fouls.
- Offensive skills: Ability to dribble and pass the ball while being guarded. Shooting skills. Ability to move without the ball.

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## In-House Evaluations

### *Rating:*

Give each player a rating of **1 to 10**, with 10 being the highest. Since this is more subjective, consistency in grading is extremely important. **Please use the same grader for all players.**

Evaluate players on their overall basketball ability, paying particular attention to "basketball IQ" and overall positive basketball aggression, as these two qualities are hardest to evaluate in other drills. For instance, a player who aggressively goes after rebounds and defends should be given a good score.

Please use the full range from 1-10, with the most skilled at 10 and the least skilled at 1 and all the rest fall in-between at different levels. Record the player's rating on the master list attached.



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## In-House Evaluations

### #8 Close Out – For Grades 5-8

#### Two person Drill – 30 seconds

Both players start at the baseline. Each player is at the opposite side of the lane. The ball is rolled down the middle of the lane. The head of the drill calls GO. Both players go for the ball. The player that retrieves the ball is on offense and the other player is on defense. The offensive player tries to score while the defensive player tries to make the stop.

#### ***Look for:***

- Hustle to the ball.
- Defensive skills: Moving the legs and in the proper position.
- Offensive skills: Ability to dribble the ball while being guarded. Shooting skills.

#### ***Rating:***

Give each player a rating of **1 to 10**, with 10 being the highest incorporating their combined performance on offense and defense, assuming they get multiple chances during this drill. Since this is a very subjective skill, consistency in grading is extremely important. Please use the same grader for all players.

- Defensive player can't stop the offensive player, they should get a low score.
- Defensive player stops the offensive player, they should get a high score.
- Offensive player has problems dribbling and can't shoot, they should get a low score.
- Offensive player makes a great move and looks explosive but misses the lay up, they should get a medium score.
- Offensive player drives to basket with ease and makes a good shot, they should get a high score.

Consider relative skills of the two players. For example a good, strong defender against an offensive player who made a lucky shot, the evaluator should use their judgment. The evaluator should rate based on what he/she thinks and use the examples as a guide. Please use the full range from 1-10, with the most skilled at 10 and the least skilled at 1 and all the rest fall in-between at different levels. Record the player's rating on the master list attached.

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### Additional Reference Information:

- 1) **Commissioner** - Bring List of Registered Players (Alphabetized by First Name or Last Name) to assign sequential number at Check-In
- 2) **Commissioner** – Print out Score Sheets and Station Labels / Numbers for each Station (from In-House Grade 3-5 Evaluation Kit – Commissioner Packet)
- 3) **Commissioner** – Bring Measuring Tape to measure height, Sharpie markers
- 4) **Equipment Director** – Provide Balls (from AC Closet), Clipboards and Cones
- 5) **Coaches** – bring whistle, pen or pencil, extra clipboard just in case