



Black Panthers Peak Performance Basketball

GET READY. GET PICKED.

The Tryout Prep Kit

A calm, confident 2-week plan to help your player walk into tryouts ready, focused, and impossible to overlook.

Rebound, Run, Score | Developed by Coach Stevon Jones

START HERE

What Tryouts Really Test

Here is the secret most families miss: tryouts are not only about talent. Coaches are watching for effort, attitude, coachability, and how a player carries themselves when things get hard. Those are things any player can prepare and improve, starting today.

This kit gives your player a simple two-week runway so they show up sharp instead of nervous. Confidence comes from preparation. Let's build it.

THE MINDSET THAT GETS PICKED

Hustle for every loose ball. Listen the first time. Encourage teammates. Bounce back fast after a mistake. Coaches remember the player who never stops competing.

THE PLAN

Your 2-Week Prep Schedule

Short daily sessions build sharpness without burning your player out. Keep it light and positive, and rest the day before tryouts.

Day	Week 1 focus	Week 2 focus
Monday	Ball handling and layups	Full skill circuit
Tuesday	Shooting form up close	Shooting and finishing
Wednesday	Footwork and defense	Defense and conditioning
Thursday	Conditioning and rebounding	Light skills and confidence
Friday	Fun game or scrimmage	Easy shooting, visualize success
Weekend	Rest or light play	Rest, sleep, get ready

Use the RRS Home Training Playbook for the exact drills on each focus day. This kit is the game plan; the playbook is the workout.

What Coaches Look For

Print this and review it together. Every item is something your player can show on purpose.

- ☐ **Effort:** sprints back on defense, dives for loose balls, never gives up on a play.
- ☐ **Attitude:** positive body language, encourages teammates, no sulking after mistakes.
- ☐ **Coachability:** listens closely, tries feedback right away, asks good questions.
- ☐ **Fundamentals:** can dribble with both hands, make a layup on both sides, defend in a stance.
- ☐ **Awareness:** knows where to be, passes to open teammates, plays smart not just hard.
- ☐ **Conditioning:** still competing hard late, not bent over resting.
- ☐ **Confidence:** asks for the ball, takes good shots, plays without fear.

KNOW WHERE YOU STAND

Readiness Self-Assessment

Have your player rate each skill honestly from 1 (needs work) to 5 (strong). The low scores are simply this week's practice focus. There are no wrong answers, only next steps.

Skill	Rating (1-5)	This week I will work on...
Dribbling with both hands		
Layups on both sides		
Shooting form		
Defensive stance and slides		
Rebounding and effort plays		
Conditioning		
Confidence and body language		

Feeling Ready on the Big Day

Nerves are normal, even for the pros. They mean your player cares. Here is how to turn nervous energy into focus.

For your player

- Breathe: in for four counts, out for four. Repeat three times before you start.
- Pick one job you can always control: play hard and stay positive. Do that no matter what.
- Picture yourself doing one thing well, a strong layup or a hustle play. Your body follows your mind.
- A mistake is not the end. The next play is what matters. Reset and go.

For parents

- The night before, say "I am proud of how hard you worked," not "you have to make it." Take the pressure off.
- Feed a good meal, get a full night of sleep, and keep the morning calm and simple.
- On the way home, ask "did you have fun and give effort?" before anything about the result.

THE FINAL STEP

Day-Of Checklist

- ☐ Good breakfast and a full water bottle packed.
- ☐ Correct shoes, gear, and any required forms ready the night before.
- ☐ Arrive early to warm up and settle the nerves.
- ☐ Warm up: light jog, stretches, a few easy dribbles and layups.
- ☐ Three deep breaths before it begins.
- ☐ The one goal: play hard, stay positive, have fun.

WHATEVER HAPPENS

Making a team is wonderful, but growth is the real win. A player who prepares, competes, and keeps a great attitude is already succeeding, and coaches remember them for next time.

You have put in the work. Now go show them what you've got. Rebound. Run. Score.

Important: Black Panthers Peak Performance Basketball is a youth basketball development program. This kit offers general skill and preparation guidance for encouragement and education. It is not medical advice. Consult a qualified professional before starting any new physical activity, and stop if your player feels pain or discomfort. Results vary by player. Rebound, Run, Score is the signature training method developed by Coach Stevon Jones.