



#TryoutCheatCodes
No-one talks about

You've done the bag work in the gym.
Now get in the right mindset.

Basketball TRYOUTS

MINDSET GUIDE

(Including tips for grown-ups)





Disclaimer

These cheat codes are dangerous.
They may cause unexpected results
such as:

- Getting picked for the team
- Showing up under pressure
- Impressing coaches

If you don't want to get picked, close
this guide and go back to watching
highlights or playing 2K.

We accept no responsibility for
sudden levels of hustle, leadership, or
growth.

We can't promise anything, but if you
show up different, people will notice.

You've been warned.

Cheatcodes in this guide

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Stay Present & Locked-in

Show that you're here, and listening.

1. Show up early.

Real ones don't walk in after coach has started talking. Real ones arrive early and do a warm-up before the warm-up.

2. Lock in when coach talks.

Coaches notice focus. And they hate repeating themselves. Look at coach not at your sneakers.

3. Make eye contact.

When coach speaks to you, look them in the eye. Show confidence and pay attention.

4. Talk on D.

Speak up. Call screens. Be heard. Lead.

STAY PRESET & LOCKED-IN

5. Clap for others.

Bring energy to your group. Applaud effort and W's. Coaches notice team players.

7. Laugh it off, don't sulk.

Bad pass? Airball? Lost the handle? Shake off mistakes. Positivity keeps you in the game.

8. Ask questions if you're lost.

Coaches respect awareness. Being clear is better than "looking dumb".

9. High-five everyone.

Yes, even that kid who airballed. Bring team vibes. Coaches will notice.

Play Smart. Hustle. Help.

Stay aware of your situation

1. Game speed, not park speed.

Slow reps = low energy or low confidence.
Go full pace, every rep.

2. Move when you're off the ball.

If you're standing still, you're not helping.
Cut, space, screen.

3. Defend like it's Game 7.

Strong D wins games. Show coach that you
can put the clamps on someone.

4. Dive for loose balls.

Effort shows up on the floor. Coaches
remember hustle plays.

PLAY SMART. HUSTLE. HELP.

5. Make the extra pass.

Great teams move the ball. Be a playmaker.

6. Use your weak hand.

Show growth. Don't hide from challenge.

7. Stay in athletic stance.

Lazy feet = lazy impression. Be locked in every possession.

8. Catch that. Shoot that.

No hesitation. Be ready. Let it fly. Coaches want quick decisions.

9. Limit your dribbles.

Three is plenty to show your handles. Be quick, not fancy.

Respect yourself. Respect everyone.

Coaches see your off-court vibes too

1. Introduce yourself.

Say your name boldy. Coaches remember first impressions.

2. Say thank you.

To coaches, helpers, staff, custodians.
Gratitude shows maturity.

3. No eye rolls. Ever.

Coaches will note bad body language. Keep it respectful.

4. Pick someone up. Literally.

When teammates fall, leaders help them up.
Show that you're a leader.

RESPECT YOURSELF. RESPECT EVERYONE.

5. Own your mistakes.

No blame. No excuses. Growth starts with honesty. Coaches see how you handle failure.

6. Keep your gear tight.

Jersey tucked in. Laces tight. Look clean.
Play clean.

7. Don't zone-out between drills.

Zoning out and goofing off between drills is a bad look. Every second is an opportunity. Stay locked in.

8. Be locked in AND have fun.

Yes, it's possible to do both. You'll perform better if you're relaxed. Serious and stressed will cause you to flop.

Grown ups, Support smart.

Support, not pressure. Yes, it's hard.

1. Remove pressure.

Stay supportive, not stressful. Let them show what they've got.

2. Don't coach from the sideline.

They've got one coach already. Don't be a distraction. Coach is watching you too.

3. Praise hustle, not just highlights.

Celebrate their effort. That's what sticks.

4. Support, don't rescue.

Let your player problem-solve. That's how confidence grows.

GROWN UPS, SHOW SMART SUPPORT.

5. Stay calm in the car ride home.

Tryouts are pressure already. Help your player relax and let off steam.

6. No comparison talk.

Your player has their own journey. Keep building from where THEY are today.

7. Celebrate small wins.

One good rep. One good attitude shift. That's growth. Confidence builds brick by brick. With your support.

8. Be present, not pushy.

Show your player love. Not pressure. Be their biggest fan.

For EVERY tryout:
Prepare.
Show up.
Believe.
Execute.

(PSSST ... if you're looking for a competitive team 👎)



Precision Heat Basketball
U14 Boys 2025-25

Sun **24 AUG** 2025 **3:00-5:00 PM**
Thu **28 AUG** 2025 **5:30-7:30 PM**

REGISTER FOR TRYOUTS.
<https://precisionheat.team>