

## **Pumas 2019-20 Tryout Drill Outline**

Each tryout date is built to get different data, or data in a different way. On this sheet is an outline of the drills we will be doing for each age group. You can see what we are rating and approximately how much time is spent on each drill. The time for each drill will be adjusted depending on the numbers attending.

Please notice that most of the drills only give you 5-7 reps for your rating. It is extremely important that you take advantage every time you get to touch the ball. With many girls in each group there is not much time to do more than the 5-7 reps.

You can arrive as early as you want to prepare for your session. Once a court is open, towards the end of the previous session, a coach will let the incoming group know they can start warming up.

Before the tryouts begin there will be a short talk on what will happen and then pictures taken of everyone. This helps the coaches put faces to numbers during the team selection. All pictures are destroyed after tryouts are over. Before each individual drill begins there will be specific instructions given by the court coach, listen carefully and ask questions if you are not sure what the coach is asking you to do. We love questions - asking a question is better than doing something we said not to do, or not doing something we wanted you to do.

Tryout Day 1 Drills	Age group	What are we rating	How Many	Est. Time on drill (min)
Passing lines	12U, 14U	Passing form, passing accuracy, court movement	approx. 50 reps.	16
Passing Triangles	15U-18U	Passing form, passing accuracy, court movement	approx. 50 reps.	16
Serve and receive	All ages	Serve quality, serving accuracy, passing accuracy and form	5-7 reps	39
Jump data	All ages	How high can you jump	3	1-2
Uniform Sizing	All ages	Find the right size		3-5
Agility drill	All ages	Foot speed	1	1
Pass + Hit drives	12U, 14U	passing form and back row hitting	5-7 reps	45
Shank pass	12U, 14U	setting accuracy	5-7 reps	23
Digging from coach	12U, 14U	passing form and accuracy	5-7 reps	23
Hitters and Diggers Basic	15U	Hitting, blocking, defensive movement	5-7 reps	39
Hitters and Diggers Advanced	16U-18U	Hitting, Blocking, setting, defensive movement	5-7 reps	39
Freeball transition	15U-18U	passing accuracy, setting accuracy, hitting, blocking	5-7 reps	39
Group Play (if time permits)	All ages	court awareness and all-round play	coach introduced ball	20
Tryout Day 2 Drills				
Setting Station	All ages	setting form and accuracy	5-7 reps	45
Drill make-up Station	All ages	Serve + receive, jump, agility		15
Hitters and Diggers Basic	14U	Hitting, blocking, defensive movement	5-7 reps	45
Hitter vs Team of 6	15U-18U	Hitting, blocking, defensive movement	5-7 reps	45
6 on 6 play – wave format	All Ages	court awareness and all-round play	coach introduced ball	100