

# How to Conduct Quality Tryouts

Jean Kesterson, retired Cathedral High School

## #1 – Do a SWOT Analysis

Evaluate your program in each of the four boxes. This should include coaching staff, players, support staff, athletic department, school administration, faculty, school community, local community, the various media outlets and your opponents.

Internal	
Strength	Weakness
External	
Opportunities	Threats

What did you learn from your SWOT analysis?

## #2 – What do You Need?

What will your team \_\_\_\_\_ need this upcoming season?

Position(s)	Team player	Energy

What will your team \_\_\_\_\_ need next season?

Position(s)	Team player	Energy

What will your team \_\_\_\_\_ need two seasons from now?

Position(s)	Team player	Energy

**#3 – Design drills/play to find what you’re looking for (position, grit, team player)**

- Put players competing for a spot in the same drills together
- Always do serve/serve receive
- Always do positional training
- Always play, usually that last part of the afternoon session. (See #4)

**#4 – Place on Teams**

- Use cards for placement
- Keep stats during position training and/or team play
  - Put players in challenging roles

**#5 - Rank Your Players**

- Skills test card
  - Lowest score by position
  - Lowest score by grade
- 3 Questions card
  - Highest score by position
  - Highest score by grade

**#6 – Coaches discuss each player’s performance after each session**

- Use the cards to move to varsity/JV/freshman squads and bubble stacks after Day 1.
- Use cards to move to varsity/JV/freshman squads, bubble and cut stacks after Day 2.
- Use cards to move to varsity, JV, freshman and cut stacks at the beginning of the afternoon sessions on Day 3.

**#7 – Use the Envelope system to announce teams**

- Tell players in person if they made the team or not.

**#8 – Talk to each player in person (at next practice)**

- Tell them your expectations of them as a player, teammate, student-athlete and representative of the program.
- Listen to them.