



30 DAYS TO TRYOUTS

FOUR WEEKS. A PLAN. BE READY.

A weekly skill and mindset guide from Coach T

YOUR WEEKLY RHYTHM

Days 1, 3 & 5: repeat the weekly workout. Day 6: optional 15-minute easy shooting. Days 2 & 4: recovery. Day 7: review your goals and rest.

MAKE THE REPS COUNT

Allow 35-45 minutes. Use one ball, one hoop, two markers, and a timer. Record makes AND attempts. Keep your distance the same when comparing scores.

START WITH SIX MINUTES

2 minutes easy movement and mobility, 2 minutes controlled dribbling, 2 minutes close-range shooting. Rest as needed. Stop if you feel pain or dizziness.

WEEK 1 / BUILD

Build a dependable foundation

REPEAT THIS WORKOUT 3 TIMES THIS WEEK

HANDLE / 5 MIN

3 rounds: 30 seconds right-hand pounds, 30 seconds left-hand pounds, 30 seconds crossovers; 10 seconds rest. Eyes up, knees bent.

FINISH / 7 MIN

Take 10 layups each hand. Alternate sides, use the outside hand, and land balanced. Start close enough to use clean footwork.

SHOOT / 12 MIN

Take 10 close form shots, then 10 shots at each of three comfortable spots. Self-toss, catch ready, and hold your follow-through.

DEFEND / 3 MIN

Set markers about 10 feet apart. Slide for 20 seconds, rest for 40 seconds; repeat 3 times. Keep your feet apart and chest up.

FREE THROWS / 5 MIN

Take 20 free throws with the same routine each time. Track makes out of 20.

YOUR WEEKLY GOALS

- [] Complete 3 workouts and record every shooting score.
- [] Establish your first-session baseline: layups /20, spot shots /30, free throws /20.
- [] By session 3, aim for 2 more weak-hand layup makes than session 1 (maximum 10).

COACH T TIMEOUT

You do not have to be the best player in the gym today. Be willing to work on the part of your game you usually avoid.

LOG: Session 1 _____ Session 2 _____ Session 3 _____

My win this week: _____

WEEK 2 / CREATE

Use your skill to create an advantage

REPEAT THIS WORKOUT 3 TIMES THIS WEEK

HANDLE / 5 MIN

3 rounds: 30 seconds slow-to-fast dribbling with each hand, then 30 seconds retreat and re-attack. Rest 10 seconds between rounds.

FINISH / 7 MIN

From each wing, self-toss, catch, jab, and drive. Take 10 finishes each side. Use one strong change of pace and protect the ball.

SHOOT / 12 MIN

Take 10 catch-and-shoot attempts at each of three spots. Then take 5 one-dribble pull-ups each direction from close range.

READ / 3 MIN

Do 10 reps: call "space" and shoot, "hard closeout" and drive, or "help" and stop on two feet, pivot, and pass to an imaginary teammate. Mix the calls.

FREE THROWS / 5 MIN

Take 20 free throws. Keep the routine the same after both makes and misses.

YOUR WEEKLY GOALS

- ☐ Complete 3 workouts; attack both directions every session.
- ☐ Aim to beat your Week 1 best spot-shooting score by 2 makes out of 30.
- ☐ Finish 8 of 10 read reps balanced, without a travel.

COACH T TIMEOUT

Confidence follows preparation. Do not rush to show every move you know. See the play, make a decision, and go.

LOG: Session 1 _____ Session 2 _____ Session 3 _____

My win this week: _____

WEEK 3 / COMPETE

Keep your habits under pressure

REPEAT THIS WORKOUT 3 TIMES THIS WEEK

HANDLE / 5 MIN

5 rounds: 30 seconds of game-speed dribble changes around a marker, then 30 seconds rest. Count losses of control; keep your eyes up.

FINISH / 7 MIN

Start at the wing, change pace, and finish. Take 10 each hand. Walk back to reset. Count makes only when the footwork is legal.

SHOOT / 12 MIN

Take 30 shots, 10 at each of your three spots. Record makes and time. Repeat the same order each workout; stay within 12 minutes.

DEFEND / 3 MIN

3 rounds: 20 seconds of slides between your markers, then 40 seconds rest. Call "ball," "help," and "shot." Count controlled touches.

FREE THROWS / 5 MIN

Take 4 sets of 5. Before each set, do 10 seconds of light quick feet. Record each set separately; settle into your routine.

YOUR WEEKLY GOALS

- [] Complete 3 workouts and log shooting time, makes, and handle losses.
- [] By session 3, aim to match session 1 shooting makes in less time; do not rush your form.
- [] Reset after every miss: breathe, say "next play," and get ready.

COACH T TIMEOUT

Everybody makes mistakes. Coaches notice what you do next. Your body language, effort, and decisions still belong to you.

LOG: Session 1 _____ Session 2 _____ Session 3 _____

My win this week: _____

WEEK 4 / SEPARATE

Show the habits a coach can trust

REPEAT THIS WORKOUT 3 TIMES THIS WEEK

HANDLE / 5 MIN

3 rounds: 30 seconds each hand with your best move, then 30 seconds on its counter. Rest 10 seconds. Finish every move balanced.

FINISH / 7 MIN

Take 10 layups each hand using your most reliable footwork. On the last workout, repeat Week 1 exactly and compare your scores.

SHOOT / 12 MIN

Take 10 shots at each of your three spots. Self-toss after a small cut or relocation on workouts 1-2. On workout 3, repeat Week 1 spot shots.

WINNING PLAYS / 3 MIN

6 reps: slide twice, call "shot," turn and box out an imaginary opponent, jump for a rebound, land on two feet, and pivot into an outlet pass.

FREE THROWS / 5 MIN

Take 20 free throws and compare to Week 1. End with 1 minute of slow breathing and visualize recovering from a tryout mistake.

YOUR WEEKLY GOALS

- [] Complete 3 workouts; finish Day 28 with review and recovery.
- [] On the final workout, aim to beat Week 1 best layups, spot shots, and free throws by 2 makes each (up to the attempt total).
- [] Practice three tryout habits every session: talk, sprint between actions, and respond positively.

COACH T TIMEOUT

Bring something a team can count on. Compete, listen, encourage somebody, and make the next right play. That is how you separate.

LOG: Session 1 _____ Session 2 _____ Session 3 _____

My win this week: _____

DAYS 29-30

Trust your preparation

Ease the workload. Keep your rhythm. Arrive ready to compete.

DAY 29 / SHARPEN

Warm up, then take 20 comfortable shots, 5 layups each hand, and 10 free throws. Spend 5 minutes on relaxed ball control. Stop feeling fresh; no extra conditioning.

DAY 30 / GET READY

Take 10-15 minutes for easy movement and optional form shooting. Confirm the tryout time and place, pack your gear, and follow your normal sleep routine.

YOUR TRYOUT CHECKLIST

- ☐ Arrive early with shoes, water, and required paperwork.
- ☐ Listen to instructions and apply corrections immediately.
- ☐ Communicate on defense, box out, and sprint the floor.
- ☐ Take prepared shots and make the simple pass.
- ☐ Encourage teammates; respond to mistakes with the next play.

THANK YOU & GOOD LUCK!

You cannot control the roster decision. You can control how prepared, coachable, and dependable you are. Bring that.

Thank you for trusting H4M to be part of your journey. Good luck at tryouts! Trust your work, compete with confidence, and be a teammate others can count on. I am rooting for you!

- Coach T | Never Full. Stay Hungry.



Keep developing with Coach T: hungry4moresports.com