

**TRUE YOUTH SPORTS**



## **TYS PARTNERSHIPS**

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**TYS Rating Explained  
&  
League Coaches Subjective Eval Sheets**

TRUE YOUTH SPORTS – FORMERLY COACHES' EDUCATION PROGRAM



## **TYS Rating -- Explained:**

### **1. Vertical Jump**

This is a measure of Total Body Power is an excellent tool of an players athletic ability. As a performance coach since 1997, I believe this is the best measurement of an athlete.

### **2. D-Slide:**

Our Timed, Standardized Defensive drill has each performing a set course that focuses on the defensive slide dynamic.

Faults are given for: Running sideways or crossing over.

### **3. Lay ups**

For the players at the age groups we're evaluating, this is an important skill.

We give them equal reps from the right and left side, which means a high score (out of 10 total reps) shows that they can make baskets from each side, while a lower score either indicates that they are limited to making layups from one side or are more inconsistent.

### **4. Shooting**

This test involves 8 shots from around the "horn" as we call it. Players are asked to catch and shoot, similar to a game situation.

This shows ability to control the ball and make shots with minimal set-up.

This is important, as coaches need to be sure that a player can make a basket even with the pressure and tempo of the game. Coaches are looking for higher scores in this event.

### **5. Subjective 2 (NEW) – With Dribbling Focus**

TYS added a second subjective analysis from one of our experienced High School Coaches. We have this coach may attention to mainly the Lay Up and Shooting Stations.

Our coaches are confident that they can tell a good player versus a not as experienced player by watching them at these stations. REGARDLESS of if they make the shots or not. Our coach will give a True Rating to each athlete.



## TYS Rating - Explained:

### 6. 3 on 3 (Subjective 1) & Defensive Rating.

This is our best assessment of an athletes ability as a basketball player. Our High School Coaches organize and run the 3 on 3 station to be able to assess each player individually and provide a very accurate and unbiased rating.

#### **Subjective and 3 on 3 Rating Info:**

- 1 - very low skill level - very little understanding of basketball game play.
- 2 - very basic skill level - little understanding of basketball game play.
- 3 - average skill level - basic understanding of basketball concepts.
- 4 - above average skill level - good knowledge of basketball concepts.
- 5 - elite skill level - high basketball I Q.

#### **Factors involved with 3 on 3 Offensive rating:**

**Offensive Individual Skills:** dribbling, passing, shooting, rebounding

**Offensive Game Concepts:** movement without the ball, triple threat position, setting screens, overall court awareness.

#### **Factors involved with 3 on 3 Defensive rating:NEW!**

**(our coach will add a separate Defense Rating in addition to the normal subjective analysis)**

**Defensive Individual Skills:** defensive stance/ shuffle, rebounding.

**Defensive Game Concepts:** defensive positioning/ spacing, help defense, aggressiveness.

Questions?

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