



9U-14Y



**FALL BASKETBALL
MIDDLE SCHOOL
TRYOUTS**

**King Middle School
1781 Rose St.
Berkeley, Ca 94701**

**Adidas Jr.
National Qualifier
2024, 2025**

Age:	August 23
9-10:	11am-12noon
11-12:	12:10-1:10pm
13-14:	1:15-2:45pm



<https://reddevilsaau.com/#Tryouts>

Developmental Teams:
Skill-building,
foundational training,
and a pathway to
competitive team
placement.



Circuit Teams:
High-level
competition, travel
opportunities, and
advanced training.
Grades: 6, 7, & 8

6th Grade Focus:

This stage is about refining fundamentals and introducing players to core team concepts.

- Shooting mechanics (stance, elbow, release, follow-through)
- Defensive stance, lateral movement, and off-ball awareness
- Boxing out and rebounding with two hands
- Learning ball movement, spacing, and tempo
- Agility and coordination with ladders, cones, and light resistance

7th Grade Focus:

Players begin applying skills in live situations and learning to make decisions under pressure.

- Game-speed drills with defenders
- Pick-and-roll concepts on both sides of the ball
- Shooting off the dribble and finishing through contact
- Basic team offense/defense structure
- Intro to strength training using bodyweight exercises



8th Grade Focus:

This year pushes players to become versatile, competitive, and mentally sharp.

- Shot creation through jab steps, hesitations, and controlled dribbling
- Advanced defense: rotations, help side, closeouts, communication
- Improved vision with skip passes, dump-offs, drive-and-kicks
- Positional flexibility (guard, wing, big)
- Competing at AAU events, camps, and showcases
- Recovery and nutrition basics: hydration, sleep, and performance fuel