

How to Get Recruited in Any Sport

5 Things Coaches Actually Care About

No matter what sport you play, recruiting comes down to the same core question: "Can this athlete help us win without being a headache off the field?"

It's not about being perfect. It's about showing coaches the right things, the right way, over time. Here are 5 areas coaches quietly evaluate in every sport.

1. Physical Toolbox

- Size, speed, strength, agility and how they match your position and level.
- Your motor and effort — do you compete every rep or only when the ball finds you?
- How your body language looks on film when things go wrong, not just on big plays.
- You don't have to be a freak athlete, but your physical tools need to match the schools you're targeting.

2. Grades & Eligibility

- Coaches don't just recruit talent, they recruit transcripts.
- A 3.5+ and solid coursework tells a staff: "We can trust this athlete to stay eligible."
- Scraping by with the minimum makes you a risk — especially if there's another athlete with similar talent and grades.
- Take care of core classes, communicate with your counselor, and know your eligibility requirements early.

3. Game IQ

- Do you understand concepts, not just plays you memorized?
- Film shows your decisions: shot selection, reads, rotations, spacing, angles and timing.
- Coaches pay attention to how quickly you react, adjust, and anticipate what's next.
- Ask questions, study film, and learn the language of your sport so you can plug into any system faster.

4. Coachability & Character

- How do you respond to coaching — especially when you're corrected in front of others?
- Body language on the bench, with teammates, and when you're not getting your way says a lot.
- Coaches talk to high school coaches, trainers and teachers about attitude and work habits.
- Talent gets attention; coachability and character decide who sticks when things get tough.

5. Film & Communication

- Your film is often your first impression — keep highlights clear, efficient and honest.
- Most coaches won't watch a 15–20 minute tape; aim for 60–90 seconds of your best plays first.
- Include full-game links so staffs can dig deeper if they like what they see.
- Your emails, DMs and calls should be respectful, concise and consistent over time.

Next Steps

Getting recruited in any sport is about stacking the right things over time.

If you want help evaluating your film, building a realistic target list, or creating a game plan for your athlete's future, you can start a film evaluation or Book Coaching session at:

d1expectation.com/book