

Brookfield Bulldogs

Boys Basketball Program Expectations

- I. TO BE A Brookfield Basketball Player:
 - a. BE RESPONSIBLE
 - i. DO YOUR WORK
 - ii. HOLD EACH OTHER ACCOUNTABLE
 - b. BE RESPECTFUL
 - c. BE HONEST
 - d. BE LOYAL-AS IN A FAMILY
- II. TO BE PART OF THE PROGRAM:
 - a. WORK HARD- MAKE IT A HABIT
 - b. COMMIT TO LEARNING THE GAME/BE A SMART PLAYER
 - c. PUT THE TEAM BEFORE YOURSELF
 - d. BE POSITIVE TOWARDS SELF, TEAM, PROGRAM, AND SCHOOL
- III. TO WIN:
 - a. BE COACHABLE/COMMUNICATE WITH COACHES AND TEAM, ACCEPT CRITICISM, AND FOLLOW INSTRUCTIONS
 - b. TEAM NEEDS GREAT LEADERSHIP AND EAGER FOLLOWERS.
 - c. INFLUENCE OPPONENTS BY OUR STYLE OF PLAY
 - d. CONSISTENTLY MOTIVATED IN ALL WORKOUTS OF ANY KIND
- IV. TO BE SUCCESSFUL, YOU MUST TAKE **PRIDE**:
 - a. IN YOUR TEAM
 - b. IN YOUR SCHOOL
 - c. IN YOUR COMMUNITY
 - d. IN YOURSELF

PRACTICE:

- * COME TO PRACTICE READY TO WORK HARD
- * PAY ATTENTION TO INSTRUCTIONS AND STAY FOCUSED
- * ALWAYS HUSTLE FROM ONE DRILL TO THE NEXT
- * COMMUNICATE EACH DRILL TO ONE ANOTHER
- * LISTEN TO COACHES INSTRUCTIONS.
- * SHOT OFF BEFORE THE BUZZER

DEFENSE:

- * EFFORT ORIENTED
- * ROTATION ON THE BALL MOVEMENT
- * FORCE TURNOVERS/STEALS
- * GET ALL LOOSE BALLS
- * ONLY ALLOW ONE SHOT EACH DEFENSIVE POSSESSION

OFFENSE:

- * THINK SMART BASKETBALL
- * GET SOMEONE ELSE OPEN
- * GOOD SHOT SELECTION
- * UNSELFISH SHOTS
- * NO MISSED LAYUPS BECAUSE OF LACK OF CONCENTRATION
- * READ DEFENSE
- * OFFENSIVE REBOUNDING
- * MAKE SOLID PASSES
- * FREE THROWS AT 60% AS A TEAM

OVERALL:

- * OUT WORK THE OTHER TEAM
- * TEAMWORK: TRUST TEAMMATES
- * MENTAL AND PHYSICAL TOUGHNESS
- * CONFIDENT
- * DO SIMPLE THINGS EXCEPTIONALLY WELL

TEAM:

- * WORK HARD IN PRACTICE AND GAMES
- * NEVER QUIT OR GIVE UP ON THE FLOOR
- * GOOD SPORTS/HUMBLE COMPETITORS

PROGRAM:

- * REPRESENT SCHOOL AND COMMUNITY IN A POSITIVE MANNER
- * HIGH ACADEMIC STANDARDS

GOALS:

- * OUT WORK THE OPPOSING TEAM
- * BE ON THE WINNING SIDE OF EACH TOURNAMENT BRACKET
- * WIN ALL TOURNAMENTS
- * WIN ALL HOME GAMES
- * LIMIT TURNOVERS