



# TEAM STANDARDS

WE PLAY WITH CLASS

1

## No fighting. Ever.

We play with class.

2

## No frustration toward teammates.

Lift each other up, always.

3

## Body language matters.

How you carry yourself reflects our team.

4

## Mistakes make us hungrier.

Next play mentality.

5

## No complaining about calls or refs.

Control what you can control.

6

## We win and lose together.

No blaming. Ever.

*"Individual commitment to a group effort — that is what makes a team work." — Vince Lombardi*



# BASKETBALL TERMINOLOGY

MOST COMMON TERMS COACHES USE

## ■ OFFENSIVE TERMS

- **Push** ..... Fast break
- **Swing** ..... Reverse the ball
- **Cut** ..... Move without the ball
- **Flash** ..... Quick cut into open area
- **Kick** ..... Pass out from paint
- **Reset** ..... Restart offense
- **Iso** ..... Isolation
- **High Post** ..... Middle free throw area
- **Low Block** ..... Low post position

## ◆ DEFENSIVE TERMS

- **Ball** ..... Guarding the ball handler
- **Help** ..... Help defense
- **Deny** ..... Deny the pass
- **Switch** ..... Exchange defensive assignments
- **Recover** ..... Return to your man
- **Closeout** ..... Contest the shooter
- **Contest** ..... Challenge the shot
- **Box Out** ..... Block rebounder
- **Trap** ..... Double team
- **Dead** ..... Ball handler picked up dribble
- **Match Up** ..... Find your man in transition

## → TRANSITION TERMS

- **Sprint Back** ..... Run back on defense immediately
- **Protect the Paint** ..... Get back to protect the basket
- **Stop Ball** ..... Slow down the ball handler

## ★ BENCH & ENERGY TERMS

- **Next Play** ..... Move on, forget the last play
- **Locked In** ..... Fully focused and engaged
- **Eyes Up** ..... Stay aware of the floor
- **Communicate** ..... Talk to teammates
- **Compete** ..... Give full effort
- **Toughness** ..... Mental and physical resilience

## ■ TEAM CALLS

- **Red** ..... Press defense
- **Blue** ..... Zone defense
- **White** ..... Man-to-man defense
- **Black** ..... Trap defense

*"The strength of the team is each individual member. The strength of each member is the team." — Phil Jackson*



# DEFENSIVE CALLS

WHAT TO SAY AND WHEN TO SAY IT

1

## **BALL!**

Player guarding the basketball. Pressure the ball hard.

2

## **I'VE GOT HELP!**

Weak side defender is in help position.

3

## **SCREEN LEFT / SCREEN RIGHT!**

Warn teammate about incoming screen.

4

## **DEAD!**

Ball handler picked up dribble. Everyone tightens up.

5

## **SHOT!**

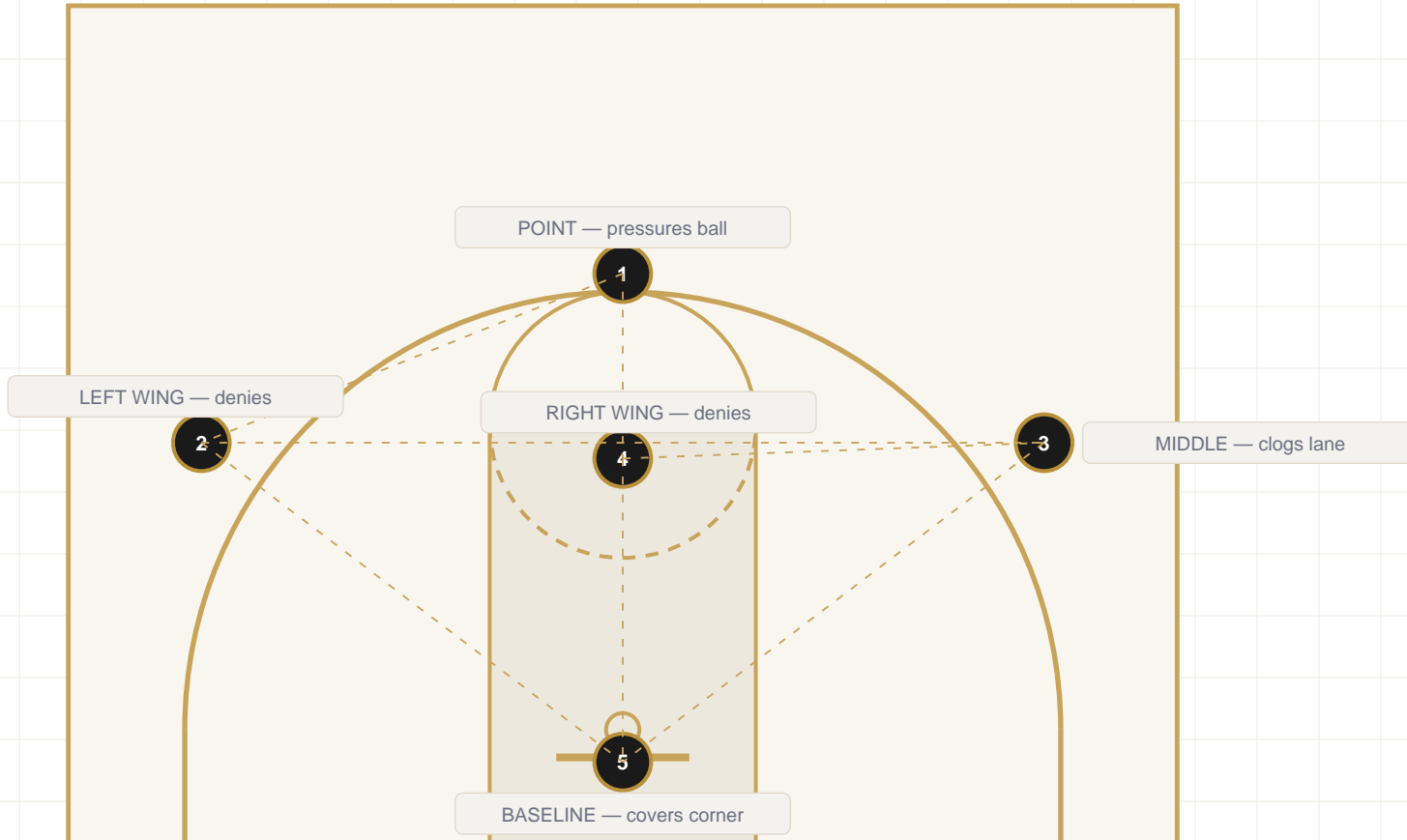
Triggers box out and rebound responsibility.

*"Communicate on every play — defense is five people thinking as one."*



# 1-3-1 ZONE DEFENSE

PRESSURE · DENY · TRAP



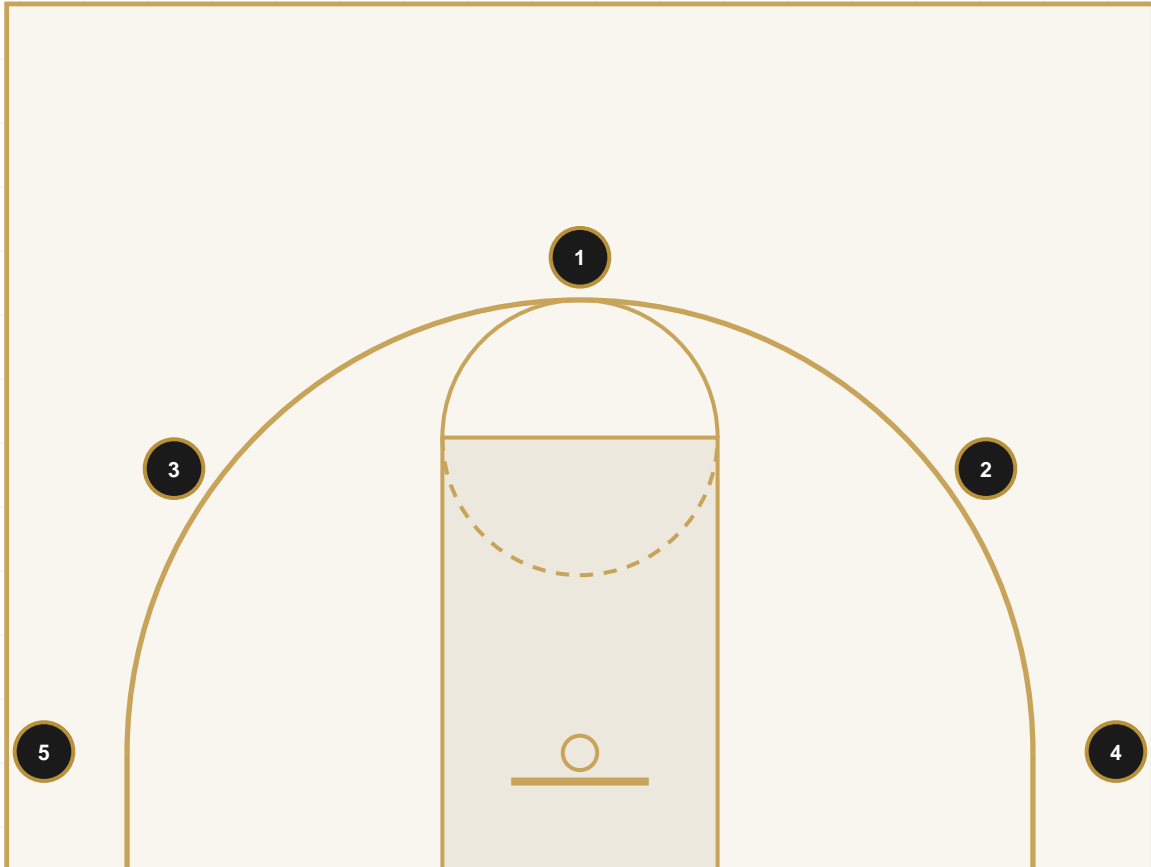
## KEY PRINCIPLES

- Point pressures ball to force sideline
- Wings deny skip passes — no easy reversal
- Middle reads ball — drops to help or traps corner
- Baseline slides baseline-to-baseline
- Trap corners with wing + baseline



# 5 OUT OFFENSE

SPACING · DRIVE · KICK



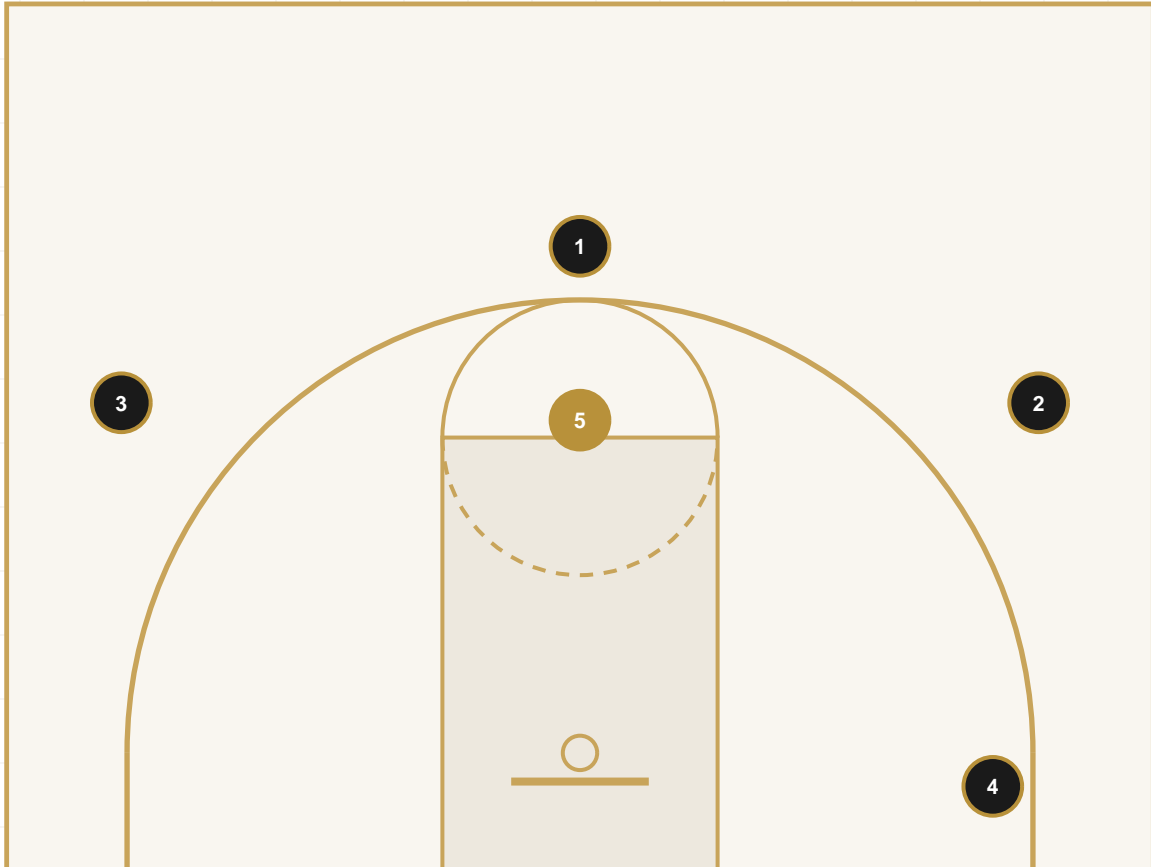
## KEY PRINCIPLES

- All 5 players start outside the 3-point arc
- Ball handler attacks the paint — forces help defense
- Kick out to open shooter when help comes
- Players without ball stay spaced — NO bunching
- If drive is stopped, reset and re-space



# 4-1 HIGH POST OFFENSE

HIGH POST · CUT · KICK



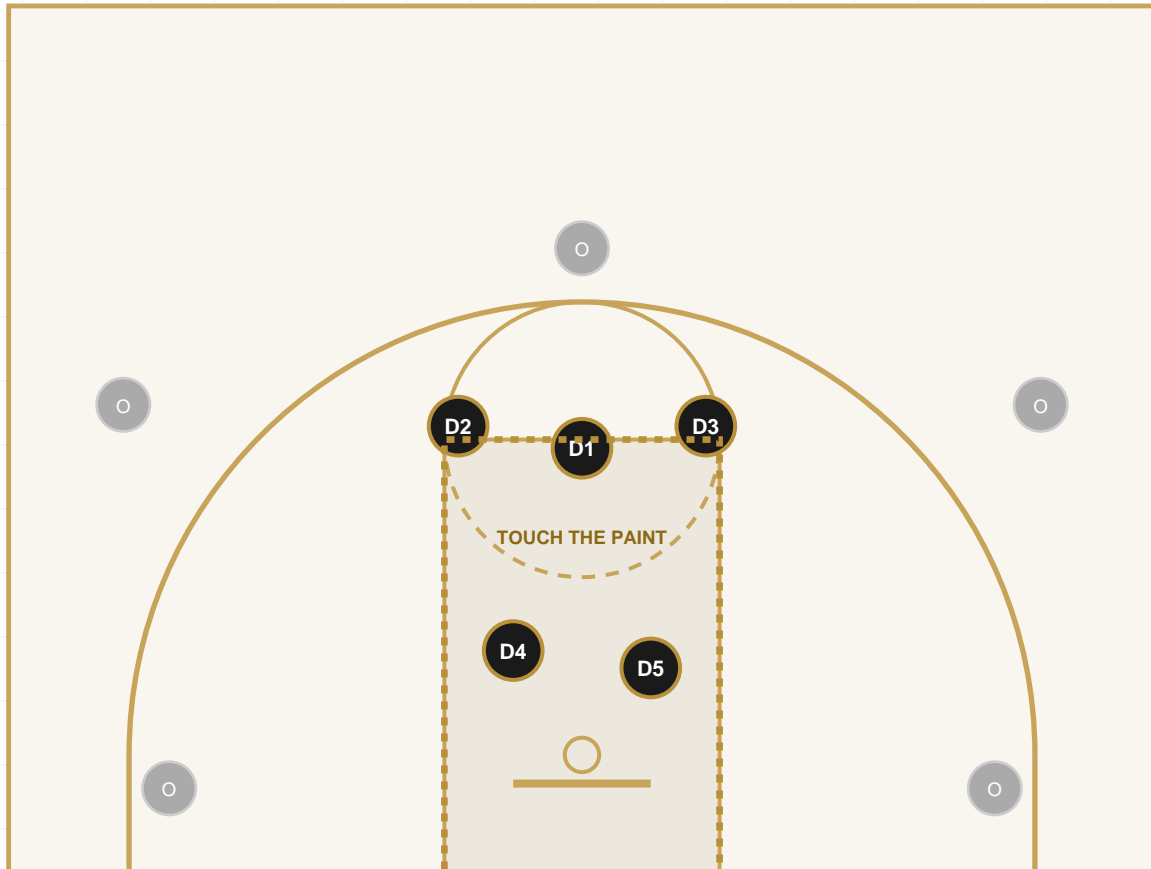
## KEY PRINCIPLES

- 5 sets up at the high post (elbow) — faces the basket
- 1 passes to 5 and cuts or spaces away
- 2 uses 5 as a screen — cuts hard to the rim
- 5 reads: feed the cutter, drive, or kick to 3
- Weak side (4) crashes the board on every action



# MAN TO MAN DEFENSE

EVERYONE TOUCHES THE PAINT



## KEY PRINCIPLES

- Ball defender pressures but stays between man and basket
- On-ball defenders keep a foot inside the paint at all times
- Help side defenders collapse into the paint — not flat
- Everyone sees ball AND man — no blind spots
- When ball enters paint, all 5 collapse and contest