

Browning Basketball 2015-2016

Team Philosophy

- ❖ **Champion the Team Over the Individual**
- ❖ **Empower Your Teammates, On and Off the Court**
- ❖ **Develop Your Physical and Mental Work Ethic**
 - ❖ **Study the Game**
 - ❖ **Embrace Personal Responsibility**

- **Champion the Team Over the Individual**
 - Every coach you have ever played for has said this, or the equivalent, to you. We are asking you to reexamine what it means to place the needs of the team ahead of your own.
 - Forget about your points and be greedy for assists. Aspire to lead the team in charges drawn, rebounds, or diving on the floor for loose balls.
 - Be the first guy to pick up a teammate who has just hit the floor.
 - Don't mope when you're not in the game. Cheer from the bench. Stay engaged and ready for your opportunity.
 - Don't be happy about being on the bench. Ask your coaches how you can improve and make a bigger on-court contribution.
- **Empower Your Teammates, On and Off the Court**
 - Confidence is fickle. Think about your best shooting day ever and how you knew the ball was going in before it left your hands. Now think about your worst day, when you couldn't get a bounce, no matter how easy the shot.
 - Your individual approach to confidence is important, but not as important as our team approach.
 - When you demean a teammate in a game, in practice, during the school day, or in any other venue, you hurt the team.
 - When you support your teammates, when you pick them up, literally or emotionally, you empower your team.
 - Positivity breeds confidence. Confidence breeds performance. Winning follows.
- **Develop Your Physical and Mental Work Ethic**
 - We won't be running sprints, 17s, or shuttle runs. Our conditioning will come from practicing with game-time intensity. Drills will be run at full speed. We will sprint from station to station. We will dive on the floor for loose balls. We will compete, every day, to make one another better.
 - Developing and maintaining your work ethic is equal parts physical and mental toughness. Mental toughness is what you rely on when your body is spent and you need to make one more play for your team.

- When you're exhausted, unmotivated, or preoccupied with your personal life, rely on your mental strength and your body will follow.
- **Study the Game**
 - Master what we learn in practice.
 - Learn the vocabulary of basketball so we can speak a common language.
 - Strive to know our system well enough to teach it to someone else.
- **Embrace Personal Responsibility**
 - Arrive at practice and games on time and with everything you need to fully participate.
 - Absence or lateness is acceptable with a valid excuse, provided in advance.
 - Failure to meet the above standards may result in reduced playing time or dismissal from the team.