

Browning Basketball 2016-2017

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 played for has said this to you. We are asking you to truly commit to the ideal of placing the needs of the team ahead of your own.
 - Forget about points. Be greedy for assists. Aspire to do the “little” things that make all the difference. 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 if 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 in practice and make a bigger on-court contribution.
- **Empower Your Teammates, On and Off the Court**
 - Confidence is fickle. Recall your best shooting day 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.
 - If 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**
 - Plan on being in better shape than all of our opponents. We will be running sprints, 17’s and shuttle runs, but our most important 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 and compete every day to make each other better.

- 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, let your mental strength lead 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.