



Loudoun Rebels

Tips For Making Your Middle School, High School or Travel Team

Fundamentals

Dribbling

- Protect the ball at all times
- Reduce the gap time between ball to hand
- Keep it simple
- Dribble with purpose

Passing/Receiving

- Make sharp, crisp passes
- Make the simple pass
- Stay away from lofted passes
- Understand the skill of the receiving player and make the pass he can handle
- Have eye contact with the receiving player
- Face the basket after receiving the ball in the half court
- The last 10% of the pass is the receiver's responsibility. Go meet the ball if you are receiving the pass

Shooting

- Take the open shot
- Follow your misses
- Don't be a one trick pony, mix it up. If you miss a few outside shots, go back and attack the rim

Offense

- Attack the rim
- Show you have moves on the move
- Move without the ball
- Always take the direct route to the basket
- Don't ball watch
- Communicate
- Make others better, set picks, etc.

Defense

- Keep a good athletic stance
- Talk on defense
- Be aggressive, it's your ball, take it

Rebounding

- Box out
- Go get the ball

Intangibles

Mental Toughness

- Don't be distracted, stay focused
- Pay attention
- Move on after you make a mistake
- Play on, if you make a mistake don't advertise it

Effort

- Leave everything on the floor

Attitude

- Be coachable
- Be positive
- Demonstrate leadership
- If you don't understand something, ask for clarification

Intensity

- Follow up turnovers with hustle plays
- Hustle, Hustle, Hustle
- Get every loose ball-be scrappy

Confidence

- You are a good player, be confident in yourself and the skills you've developed
- Stay motivated, brush off mistakes

Remember,

Stay Calm

Stay Focused

Have Fun

GOOD LUCK!