



The Future Streak Standard

Team	<ul style="list-style-type: none">- Not me; it's US (TEAM FIRST) We are a FAMILY- Help each other- Work with each other- Respect each other and coaches- <u>Eyes on coach when talking</u>- No talking over any coach- HOLD the basketballs when coaches are talking- HANDS TO YOURSELVES- It may seem that (1) player is scoring a lot of baskets, but as a team we know that basket was made possible by practice and team work- Come to practices and games to play basketball.- Give your best effort and that's all we can ask for
	HIGH FIVES AND FIST BUMPS – ALWAYS AS MANY AS POSSIBLE
Communication	Talk to me – say what you mean and mean what you say – I will listen Seek First to Understand...Then to be Understood. We look each other in the eye.
Confidence	Trust yourself , your teammates and coaches Don't doubt yourself – try your best
Collective Responsibility	We win together & we lose together.
Respect	We respect each other and our opponents We are always on time We are always prepared
Poise	We show no weakness ~ We always handle adversity
Behavior	Come to play basketball Winning and Losing we need to respect the other team at all times No complaining about your teammate's if you have an issue with a player on the team speak privately about the issue with one of the coaches
Expectations	Team goals: Think of your own goals and team goals (2 Team Goals) Coach's goals: (1) Team to work hard on and off the court (2) Players to understand spacing and motion offense



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Practice Guidelines

Come to practice on time. If you cannot make a practice, please make sure your parents or guardians email the coaches or you tell us

Don't wear your basketball shoes outside, bring them and change into them in the gym

Come to practice to play basketball with your best effort

Run through every drill and every game in practice like you're playing in a game. The harder you **WORK** in **Practice** the more playing time you will get in our **GAMES**

Listen to the coaches – eyes on coaches – do not talk over the coaches

If you come to practice and give your best effort every time, you will play in our games. If a player does not give full effort, walks through practice and is not listening when the coaches are teaching, then that player will not play in our games

Shoot-Around TIME –

Work on your basketball skills – NO running around going crazy

Take shots that you would take in a game situation

Go through the shooting progressions – NO LONG SHOTS

One Hand → Two Hand → Jump Shoot at around the Key in the Paint

Dribbling and passing

Bring water

Game Guidelines

Come to scheduled games 30 minutes before tip-off for team warm up.

If there is another game finishing before we start, we are to sit quiet as a team and watch the end of the game. We will do this as a team to try and learn as much as possible from the game before ours. Once the bench is clear we can put our stuff down and start our warmup

We are to respect our teammates as well as our **opponents**

Bring water

After Game Guidelines

We will **ALWAYS** meet as a team to discuss the game.

During this time, you will not worry about taking your sneakers off or getting changed. Your attention and **respect** will be given to your coaches and teammates.