**Spartan Basketball Philosophy**



**Mission Statement:** To create a successful atmosphere that will produce quality student-athletes by preparing them for life skills such as dedication, discipline, team-building, and perseverance.

**The Four Parts of Being a Spartan Basketball Player:**

1. **Commitment to Loyalty**

* Goals: Focus on the daily tasks. “How are you becoming a better athlete each day?”
* Set the example. (Games, practice, workouts, lifting, conditioning)
* Teach the younger kids how to be successful.
* Find your motivation and learn how to motivate others.
* Create a culture of ONE team and ONE goal.

1. **Execution**

* Offense- *Run with a purpose and understand it, and not just go through the motions.* 
  + Understand the objective of the offense.
  + Know how to handle unusual situations.
  + Proper cuts, reads, passes, and ability to know when to penetrate.
* Defense- *This will determine who we are as a* ***program*** *and as* ***individuals****.*
  + Hustle, desire, and strive to be the best.
  + Fundamentals and ability to use shell defense.
  + Close off the paint. *This is more of a statement of our character than a result.*
  + Trust your teammates and the program. *Communication*.

1. **Accountability**

* Academics- *Only the YOU can control this outcome, no one else.*
* No excuses, own up to your/team mistakes.
* Hold yourself to a higher standard.
* Respect the game: *Coaches, players, Opponents, Refs, and Parents*

1. **Toughness**- *Ability to stay focused on what is important and the objective.*

* Mental to Physical ratio: **4 to 1**- what does this mean?
* Making mistakes, playing through mistakes, and learning from mistakes.
* Adversity- “*the path you take during a struggle*”
* How are you going to fix it? Don’t dwell on it!
* Body Language- *The best indicator of knowing if you are tough or not.*