



Edina Basketball “Musts”

1. TEAM ATTITUDE (WE BEFORE ME)

Be there for each other	Unselfishness
Be trustworthy	Ask for help
Help teammates up	Know role(s)
Acknowledge the pass/effort	Sprint off floor
Be disciplined	Enthusiasm

2. TOUGHNESS

Be prepared	Keep yourself healthy
Demand effort from teammates	Be a student of the game
Always seek improvement	Don't make excuses

3. FUNDAMENTALS

Defense

Get back in transition
Stance, Vision, Position, Talk
Ball Pressure
Communicate
Closeouts – force baseline
Ready to help
Shot pressure
Go to the glass

Offense

Limit dribbling
Sureness w/ball
Catch in the Air
Shooting Pocket
Feed the Post
Space the floor to drive & cut
Screen and find ball
Go to the Glass

4. COMMUNICATION

At all times – FT's, defensively, setting screens and cutting, on bench, etc...
Posts demand the ball
Acknowledge your teammates

5. CONSTANT IMPROVEMENT

Sense of urgency
Warm-ups
Buying-in
Attention to detail