



SIoux CENTRAL BASKETBALL



REBEL PILLARS

Everyday when you get up in the morning as a member of the Sioux Central Rebel basketball TEAM you are representing yourself, your family, your team, your school, and your community. We have a great group of student-athletes that I am sure will adopt and live by our

REBEL PILLARS:

- 1) **CHARACTER**- everything starts with this, being a positive role model and doing the right things both on-and-off the court to represent our TEAM
- 2) **TEAM FIRST**- one of the most valuable lifelong skills you can learn through basketball is how to work as a TEAM, this means that everyone is important and we always put the TEAM before ourselves
- 3) **INTENSITY**- come to every practice, film session, game, and any other event with an intense attitude and a desire to do things to best of your ability and as hard as you can go, the coaching staff will never ask for more than that
- 4) **POISE**- how we handle ourselves in tough situations and times of adversity not only show what type of ballplayer you are, but what type of person you are as well; anyone can be a great leader and teammate with things are going their way, we need to have the mental toughness to get through the season and continue to work hard and have a positive attitude.
- 5) **ACCOUNTABILITY**- I find this to be one of the most common characteristics among successful teams, every one from the coaches to the players to the managers needs to take pride in the job they do every day even when that may mean not getting recognized as it takes all of these components to make a successful TEAM.

DEFENSE

At the heart of every successful in basketball no matter what the level is their defense.

Even the most talented offensive squads must rely on their defense at some point if they want to consistently win. Defense will be an emphasis at practice and while certain strategies will be predicated on personnel and game situations there are some common

REBEL PRINCIPLES:

- 1) **Communication**-by being vocal it allows you to be more locked in on defense
- 2) **Solid Closeouts**- closing out “HHV” which is **HIGH, HARD, & VOCAL**
- 3) **Active hands**-vital for disrupting passing lanes and “tracing the ball”
- 4) **Help Defense**- getting to midline and being able to “help and recover”
- 5) **REBOUNDING**- being aggressive and active on the glass is **ESSENTIAL** for success this season by holding our opponents to no second shot opportunities

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OFFENSE

A team's offense is only as good as the precision in which the players on the floor follow and read it, and in some cases even this is not enough when we run into those nights when the ball just will not go through the goal. Because of this we want to make sure that we focus on the things we can control, our **REBEL PRINCIPLES**:

- 1) **Value the ball**- limit turnovers, have an opportunity to get a shot each possession
- 2) **Spacing**- being where you supposed to be at all times, doing the LITTLE THINGS
- 3) **Pace**- running the offense at its appropriate speed based on the set, action, and game situation
- 4) **Attack the glass**- unless you have transition defense responsibility crash the offensive boards for second shot by getting to your rebounding spot, make your defender WORK
- 5) **GOOD FOR GREAT**- show me a great offensive team and I will show you an unselfish offensive team, it is not about who gets the shots but about asking ourselves did we get the best possible shot opportunity that possession-pass up good shots for great shots