

HOOPS SENSE

- 1) Always be BALANCED = you must have offensive balance, defensive balance, proper body balance on your shot, mental balance and emotional balance.
- 2) Play defense with your feet = DO NOT REACH.
- 3) Use your ball fakes = get the defense to move with shot fakes and pass fakes.
- 4) On the fast break, the ball-handler in the middle must always stop at the free-throw line = no wild drives, blind passes or charging fouls.
- 5) When receiving an entry pass in the low post, chin the basketball, find the defense and then make your move or pass it back out.
- 6) Have patience on offense = see your teammate posting up, wait for teammates to cut or flash, and take what the defense gives you.
- 7) Eliminate the use of the lob pass = use the bounce pass.
- 8) Begin every practice or shooting workout with FORM SHOOTING = maintaining good habits is a continuous process.
- 9) When sliding on defense, your feet should never touch or cross. Your feet should be wide, butt down, head up, arms up and out, and thumbs pointing up.
- 10) “Don’t whine, don’t complain, don’t make excuses – just do the best you can.”

... John Wooden

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