

Hopkins Boys Basketball Program

Philosophies

Our basketball philosophies will only work in games if they are taught and executed with excellence in mind in practice. Players tend to play how they practice - this is true at any level. We will strive every day to compete in practice so we can compete every time we step on the game floor. These are guidelines we will use to create a competitive basketball program at every level.

Defensive Philosophy

Make the opposing team uncomfortable and out of rhythm by playing aggressively within the system.

- Sprint back on defense.
- Transition defense is our first priority
- Half-court defense is our second priority.
- Know which defense we are in.
- See your man and the ball at all times.
- Play complimentary defense. Playing good help defense means doing 100% of your job and 10% of someone else's job.
- Stay an arm-length away when guarding the ball.
- Keep the ball on one side of the floor.
- Prevent middle penetration.
- Prevent easy cuts through the middle.
- Rotate to the help-side.
- Front the post.
- Talk, talk, talk!
- Contest all jump shots, even when late.
- Box-out, and pursue the ball (find him, hit him, get the ball).