

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 Transition Philosophy

Stop the ball first if you want a chance to win.

- Sprint back on defense.
- Stop the ball first. The most important guy on the floor is the guy with the ball.
- Wings sprint to the 3-point line, one on each side of the court.
- Center sprint to the rim to stop penetration.
- Once the ball is contained, get organized in the half-court defense.
- Talk, talk, talk!