



San Ramon Valley Men's Basketball NCS Champions • 1988, 1991, 1992, 1999, 2005 Nor. Cal Champions 1991,1992

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SRV Basketball Essentials

OFFENSE

1. Never leave your feet to pass
2. Always kick ahead to the open man (even if it's a big)
3. Choose the 4-5 plays you run best then run them from various formations-high post, double low
4. No one-handed passes (unless baseball/homerun, or wrap around pass)
5. Teach to contact: on the cut, on the post up, on the entry pass, and on the dribble. **Offense initiates contact every time**
6. Every player needs to be a post threat—we always throw it to the post
7. Never throw over outstretched arms
8. Set when players are allowed to call timeouts—set your rules (avoid 5-second, 10 second backcourt)
9. Quick stop @ the Free Throw Line unless an open path for lay-up
10. Shoot Long and with Arc
No front rim misses
11. Find a way to get an offensive board

DEFENSE

1. Transition Defense sets our Defense
2. Transition Defense is hurt by: turnovers, bad shots, celebrating after buckets, complaining to refs, dramatizing contact, poor effort
3. Transition Defense is helped by: perimeter player decisions and big guys effort
4. Communication is two-fold: voice pressure/presence and fingers (we must talk and point)
5. Rebounding is predicated on athleticism: the more athletic the more you pursue the ball---less athletic hold contact with your man longer and keep him out of the play
6. Two hands up on every shot
7. Close-out on dominant hand
8. No direct drives-if we give up one sprint into the gap and help
9. On Ball Wing Trap
10. No trap out high
11. Limit fouling-no reaching, Slapping, or pushing fouls

CULTURE/RULES

1. Always be on time
2. Root for your team and teammates
3. Fiercely loyal-to team members and coaching staff
4. No Profanity
5. Fun- in everything we do-always strive to have more fun than our opponents
6. Get a bit better each day
7. Great Desire and Hustle
8. Embrace your role (bench, starter, or reserve)
9. Demonstrate constant all out desire and hustle in practices and games