

*The Intercity Sports Review Basketball Teambook*  
presents  
***A WORKING GAME PLAN***

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*Emphasis is placed on "CONTROL" - control of all aspects of the game, beginning with self control and personal character development. (This makes the individual a contributor to rather than a detractor from the team in particular and the sport in general.) While strategies and tactics may vary, the overall "game plan" is based on CONDITIONING, FUNDAMENTALS and TEAMWORK!! (Those principles when understood apply to any sport or activity in life.)*

[1] Always support, cooperate with and encourage your teammates. Appreciate the fact that each member of your team is sacrificing and making a sincere effort towards your success. While each person can improve, by avoiding non-constructive criticism you will emphasize and build on strengths, rather than spotlighting your weaknesses. That is what will win it for you and enable you to recover powerfully from any loss.

[2] Consistently rebound and "box out" at both ends of the court. "Possession (of the ball) is 9/10ths of the law" of winning basketball! Your opponents can't score when you have the ball and you can't score when they have it. It's just that basic!

[3] Always play strong defense!

(A) Keep constant pressure on the ball handler while avoiding the "reaching" that too often results in accidental injuries and/or foul calls.

(B) "Trap" the ball handler (with help from the nearest teammate) or force the opponents out-of-bounds (or into a "bad pass" situation) when practical. Force the opponents to commit the errors that turn the ball over.

(C) When you score, add some extra pressure at full court and you will force some additional turnovers that will increase your scoring opportunities.

[4] Use a good outlet pass and "fast break" when you can. Everyone must be alert in order to take maximum advantage of sudden scoring opportunities before your opponents can set up a strong defense.

[5] Avoid excessive dribbling and unnecessary ball handling by looking for the "open" person and working the ball around.

(A) Remember that a good pass beats a dribble and moves the ball faster than a defensive person can move. Also a person without the ball can move faster than one with the ball.

(B) Also keep in mind that you don't have to wait until late in the game to "freeze" the ball, thus making your opponents work hard while giving yourselves a rest and protecting a lead. You can "chill the pill" whenever it is to your advantage to do so.

[6] Use a controlled, intelligent offense at all times.

(A) Work for the "inside shot" whenever practical. The percentages of successful shots, effective rebounds and followups are much greater.

(B) Keep your offense constantly moving. This will keep the opposition off balance. Even if you are not sure where to go, your opponent does not know that so keep moving anyway! You will eventually open up scoring opportunities for yourself and your teammates.

(C) Always follow up your own shots and assist your teammates in their scoring efforts. Keep at it until you score! Many an opportunity is lost in a game when a missed shot is not followed up and the opposition retrieves the rebound.

(D) Remember that the outcome of many close games is decided by the accuracy of foul shots on the free throw line. Practice and preparation can pay off big here in this crucial part of many an important contest.

[7] - **FINALLY** -

Remember that your overall "game plan" should be based on **CONTROL** (of yourself and all aspects of the game), **CONDITIONING, FUNDAMENTALS** and **TEAMWORK!** It's just that basic, yet it's a powerful formula for victory and success on and off the courts.

## **Intercity Sports Review BASKETBALL TEAMBOOK**

A time proven training manual  
that has helped to develop local, regional and national champions.

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