

THE INTENSITY OF WINNING

**THE SUCCESS OF
DELTA STATE BASKETBALL
IS FOUNDED UPON THE
“HARD WORK ETHIC”
OF OUR PLAYERS
AND COACHES . . .
WE ARE A
HARD WORK PROGRAM!**

WHAT DOES HARD WORK LOOK LIKE:

- * Sprint Back on Defense - Every Time
- * Gaining Rebound Position on every shot
- * Maintain Defensive Stance & Vision
- * Pressure on the Basketball
- * Defending the Ball as a Team - Stop the Ball
- * Seal the Gap - Protect the Lane
- * Closing out with High Hands on every shot
- * Help the Helper - Sprint
- * Diving on the Floor for Loose Balls
- * Taking Care of the Ball
- * Rebounding and Chinning the Ball
- * Meeting every Pass - Shorten the Pass
- * Cutting with Strength and Purpose
- * Taking the Charge - Protect the Lane
- * Pass Fake and Shot Fake
- * Set Bone Crushing Screens
- * Seal in the Lane with Physicality
- * Finish Through Contact in the Paint
- * Team Huddles on the Floor
- * Positive Encouragement of Your Teammates
- * Sprint to Help a Teammate off the Floor
- * Talk - Talk - Talk: ELO !!!

