

Pretender or Contender: Which One Are You?

PRETENDERS	CONTENDERS
Would rather take the quick shot	Are patient and make the extra pass on offense
Gamble, deny through passing lanes	Deny and move when the ball moves on defense
Leave feet on defense to try and block shots	Block out and pursue the rebound
Reach, grab and slap on defense	Play defense with their feet
Would rather reach around when the ball handler goes by	Play good position defense and force the ball where we want it to go
Don't go to the boards and let teammates battle the boards so they can get a head start to the offensive end	Crash the boards and do their fair share
Stand around	Are always moving and alert to do everything they can to help the team
Won't follow their shots	Follow their shot and become the most dangerous offensive rebounder in the game.
Would rather act silly and attract attention to themselves	Do what it takes to be mentally prepared every day and help the whole team stay focused
Talk a good game, yet play around and try to out-talent their opponents	Perform their role, play hard, play with a purpose, do the little things, and execute a game plan
Would rather do what they want to do	Demonstrate self-discipline, make sacrifices and do what the coaches ask, for the benefit of the team
Communicate using negative body language that is disrespectful to the coach and our basketball program	Communicate by using encouragement and pointing out mistakes in a positive manner that helps the team get better
Make excuses, point fingers and get bitter when criticized by the coach or other players	Listen to the coach and teammates, learn from the situation and try to get better
Are part of the problems	Are part of the solution

THIS TEAM CONTROLS ITS OWN DESTINY. WHAT ARE YOU, A PRETENDER OR A CONTENDER?
