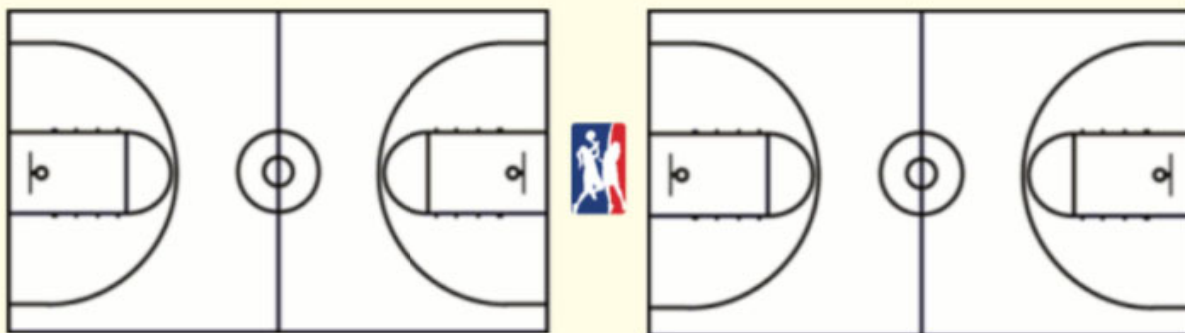


- 1) Shoot confidently within our system. Learn the system. 2) Stay in front and grounded on defense. Protect our basket. 3) Play mentally and physically engaged. Be prepared. 4) Trust the team. Be genuinely committed. 5) I start games with proven talent. Play your best every day. 6) I finish games with performers. Produce when called upon.  
Become Aware of BCD.

Playing on a team is an honor and a privilege. Our character, dress, attitude and behavior reflect your values. Respect your family, coach, team and country. On-time attendance is expected for every meeting, practice, scrimmage, game, celebration and fundraiser. Arrive Prepared.

Communications with your classmates, peers, parents, teachers, coaches, teammates and officials electronically and in person must be responsible. Communicate Effectively. Playing time is not fair. It never is. Accept that. Do your best. BU4US. Embrace the journey of Commitment, Attitude, Skill and Effort. Make A Case.

$$1\text{Commitment} + 2\text{Attitude} + 3\text{Skill} + 4\text{Effort} = 10\text{CASE}$$



Team Stretch  
5 Star Layups  
Alley Layups w/Outlet #1AR  
5/3 Man Weave 1/2 Ct Shot  
11Man & 7Man (Shooter+2)  
Shuttle Run  
3/5 Stack Closeout  
Swing vs Pivot  
Pound Fastbreak  
5on4 Fastbreak Line  
3on3 Side Out - No Dribble

M2M - MICHIGAN  
23 RED/MI/STAY  
Logo Low on Defense  
Foot In Lane - Closeout Ball  
Back2BasketCBall&Man  
RIGHT NOW - FULL COURT M2M  
"Blue" - Foul  
Defensive Tip  
FT - WIDE SIDE HAS SHOOTER  
FT - SHORT REBOUNDS  
BALL SIDE & BASKET  
STEP BUMP STAY - STEP BUMP GO

Shortside & Wideside  
WW/WF/SW/SF/G  
Sets - 4-High or 4-Down  
Press Break STACK & 4-DOWN  
Double - HORN SCREENS  
Catch 55/44 WF or SF  
Hammer - SCREEN ON PASS/BALL  
Rocket - SCREEN OFF/AWAY  
Dive - Cut Rim  
Take - Handoff  
Michigan - 5 Out Motion  
ISO & Special

Become Aware of BCD  
Make The Easy Pass  
Be Available  
Good Rhythm Shot  
PT or Conditioning  
Decoy or Threat  
Magic. Movie.  
PoP & DRoP  
Effort & Execution (ABC)  
10 Toes To Baseline



RETREAT - Retreat To Basket  
ENGAGE - Engage The Ball  
ATTACK - Attack The Entry  
DEFEND - Defend The Basket  
YELL - Yell For Help

GO - Go Right Now  
ENTER - Enter The Ball  
ACTION - Action To Score  
REACTION - Reaction To Score

