

## 25 Things Basketball Players Should Know

1. Hate to lose. It makes you play harder.
2. Always know where the ball is. (Don't turn your back on ball when moving down the floor.)
3. Always know the score and time and remind teammates.
4. Be consistent—a few points wins most games.
5. Look for easy basket opportunities for you and your teammates.
6. Never foul a poor shooter or a good one.
7. Don't waste fouls—most players who foul out wasted a foul along the way.
8. Fouls are mistakes—usually the result of poor defensive positioning or reaching.
9. Reaching is a foul, not reaching and hitting, just reaching (“I didn't touch him”)
10. The more you complain to most officials the closer they watch you.
11. When you must foul at the end of the game, go for the steal.
12. Foul good or don't foul, don't give 3 point plays.
13. Don't call attention to your mistakes by an act of disgust.
14. Drawing attention to minor injury is the sign of a mediocre player.
15. Work on quickness, it can be improved with REAL EFFORT.
16. Don't take desperation shots, don't get into a position so you have to.
17. When the clock is stopped—remind and encourage teammates, they like praise as well as you do.
18. Don't complain about criticism. Coaches are not criticizing you, but the part of your play that needs improvement.
19. Good defense creates easy offense.
20. When going against pressure defense, be calm. They can't force a mistake if you don't make one.
21. Do not save the ball from out of bounds under your own basket.
22. TALKING, even on obvious things, helps win games. It keeps teammate's minds upon what we are doing.
23. The most obvious difference between good and mediocre players is how much they hustle.
24. Hustle makes up for mistakes.
25. You have to tell yourself in a tough game that extra effort...mentally and physically...makes the difference.