



# **BUFFALO BISON BASKETBALL**



## ***T O G E T H E R***

### **INTENSITY LOOKS LIKE A TEAM THAT WILL....**

REBOUND EVERY SHOT  
PLAY DEFENSE IN A STANCE  
HELP AND THEN RECOVER  
HELP THE HELPER  
CLOSE OUT W/ HAND UP AND FEET CHOPING  
DIVE ON LOOSE BALLS (50/50 PLAYS)  
PROTECT THE BALL WHEN YOU HAVE IT...VALUE  
RIP THROUGH PIVOTS - STRONG WITH THE BALL  
CHIN REBOUNDS  
MEET EVERY PASS  
CHANGE DIRECTIONS AND SPEED ON CUTS  
TAKE A CHARGE  
STEAL LAZY PASSES  
SPRINT FROM SPOT TO SPOT (OFFENSE TO DEFENSE)  
CONTEST EVERY SHOT  
USE BALL FAKES  
FINISH DEFENSIVE POSSESSIONS WITH INTENSITY  
WORK TO GET TEAMMATES OPEN  
WORK TO 2ND CUT AT GAME SPEED

### **TOGETHERNESS LOOKS LIKE A TEAM THAT WILL....**

ENCOURAGE A TEAMMATE AFTER AN ERROR OR A MISSED SHOT  
HELP TEAMMATES UP OFF THE FLOOR  
COMMUNICATES....VERBAL VS NON VERBAL  
CHEER FOR TEAMMATES ON THE FLOOR

