

Plymouth Girls' Basketball

U nselfishness –

Basketball is a team game. You play for the name on the front of your shirts. Your individual points, rebounds and other stats do not matter if the team plays poorly. Look to pass to the open teammate, set screens to get others open. Give your teammates credit when they make a good pass to you or set a screen for you that leads to a basket.

N ever stop playing hard –

As soon as you enter the gym you need to give 100% effort. You need to push your teammates to work hard. You should never leave the court thinking you did not give it your best effort.

I nvest in your teams attitude –

Attitude is one thing you can control. Believe in yourself and each other. Be positive with your teammates. Never put a teammate down. Always lift them up. Cheer for your teammates and develop a winning attitude.

T rust you teammates –

Never believe that a teammate will let you down. Be worthy of your teammates trust. Trust that the coach is doing what is best for the team.

Y our role – Know it and accept it

Learn what your strengths are and play to them. Do not try to do what you are not capable of doing. It does not matter if you are the leading scorer or the last off the bench, every role is important.

UNITY – We must be together as a team or we will not be successful.

