



## Northern State University Basketball Trademarks

### 1. TEAM ATTITUDE (WE BEFORE ME)

Love for each other	Unselfish
Trustworthy	Huddles on the floor
Clean locker-room	Help teammates up
Wipe up floor	Sprint off floor
Disciplined	Know Roles

### 2. SERVANTHOOD / STEWARDSHIP

Courteous / Polite	Picking up trash
Sportsmanship	Respect for the game / Opponents
Doing the next right thing right	Helping Keith

### 3. TOUGHNESS (NEVER OUT HUSTLED, NEVER OUT THOUGHT)

### 4. FUNDAMENTALS

<u>Defense</u>	<u>Offense</u>
Transition and Talk	Sureness
Stance, Vision, Position, Talk	Triple Threat
Ball Pressure	LBBBOS
On and up the line	Doleac
Closeouts	Feeding the post
High hands	Cut and space
Shot pressure	Drive and space
BOPCRO	Follow through

### 5. STUDENTS / TEACHERS OF THE GAME

- Notebooks
- Camp
- Active and teaching bench

### 6. COMMUNICATION

- System of talk
- Echo yells
- Posts demand the ball

### 7. CONSTANT IMPROVEMENT (KAIZEN)

- Sense of urgency
- Warm-ups
- Buying-in
- Attention to detail
- Red Team workouts