



Woodinville Lady Falcons Program Philosophy



Play Hard, Smart, and Together

These three words capture the vision and backbone of Lady Falcon basketball.

Playing Hard

More than anything else, we want our program to be known for playing hard. We look for players that love to battle. Competing with passion, heart, and intensity is when this game truly becomes fun. Each of these characteristics is a requirement to survive and excel on the court and in life. You may play with less talent or skill but you should never play with less effort. Ultimately this is a game of will even more than skill. We believe offensive rebounding is a great measuring stick of teams that play hard. We attack the glass!

Playing Smart

We believe this game is as much mental as physical. We will play with discipline. We value good decision making. Every player understands their strengths and limitations. We recognize time and score, we take good shots, and we avoid stupid fouls. We place a premium on taking care of the basketball. We take what we learn in practice and apply it in game situations. We study and prepare for our opponents. We believe the best students in the classroom are also those that will perform well on the floor.

Playing Together

We believe teamwork is what makes common people capable of uncommon results. Playing together and unselfishly is the key to success. It is the ultimate experience in sports and in life. Each player cares more about the success of the team than their own individual accomplishments. Each player understands their role on the team and appreciates the roles of others. There is no unimportant player. I concur with the words of the great and late Red Auerbach when he said, "Some people believe you win with your five best players, but I found out that you win with the five who fit together the best." It's all about chemistry.

Player Expectations

Pat Summit of Tennessee is hands down the most successful coach ever in women's college basketball. One of the things she attributes the Tennessee success to is what she calls the "Definite Dozen". It is a set of commandments for the Tennessee basketball program. It consists of their most basic rules on and off the court. It is their blueprint for success. They are not so unique yet together they are powerful building blocks to success. I believe in them. These form the most basic of our player expectations.

Definite Dozen

The Definite Dozen

RESPECT Yourself & Others	We respect ourselves and we respect each other. Every player receives respect regardless of skill or place on the team. We respect our school, our administration, and our facilities. We respect our opponents. We believe success starts with respect.
Take Full RESPONSIBILITY	We take full responsibility for all of our actions. We don't blame others for our shortcomings or defeats. We accept total ownership of our performance on the floor, in the class room, and in our community.
Demonstrate LOYALTY	We support and defend each other on and off the floor. We will have our differences but we work through them. Once we step on the game floor we forget our differences. We are 100% loyal to each other and our game plan.
Be a Great COMMUNICATOR	We expect great communication on and off the floor. We emphasize eye contact and effective body language. Players and coaches make practice a verbal place. We communicate more formally through regular player and team meetings.
DISCIPLINE Yourself	We seek discipline. Players exercise patience to do the right thing at the right time. We show up for practice on time every day. We make good decisions on and off the floor. We follow the school's athletic code. We are smart about our shot selection. We avoid stupid fouls. We take care of the basketball.
Make HARD WORK A Passion	Hard work is the backbone of a successful program. It is not a secret. We need and expect your passion and intensity. The harder you work that harder it is to surrender. Playing and working hard is when this game truly becomes fun. Ultimately it is a game of will even more than skill.
WORK SMART Not just Hard	The game is more mental than physical. We work smart and not just hard. We understand our strengths and limitations. We apply what we learn in practice to game situations. We study and prepare for opponents. We do well in the classroom. Good students most often perform better on the floor.
TEAM Before Yourself	Put the Team Before Yourself. We expect unselfish play. Teamwork is what makes common people capable of uncommon results. You don't win with your five best players but with the five that fit together the best. It's all about team chemistry. We take pleasure in the success of our teammates.
Make Winning an ATTITUDE	Attitude most often determines performance. We expect and encourage a confident but not arrogant attitude. It is a byproduct of hard work and preparation. What you think you can do, positive or negative, confident or scared, will mostly likely happen. We get the job done. We take care of business.

Be a COMPETITOR	You can't always be the strongest or most talented or most gifted person in the room, but you can be the most competitive. We expect players to battle. We love competition. When you choose to be a competitor you choose to be a survivor.
CHANGE Is a Must	Change is part of life. It is part of a successful basketball program. We expect player to expect, understand, and adapt to change. During the season we will change player rotations, starting lineups, defensive tactics, etc.
Handle SUCCESS Like Failure	We learn from both our victories and our defeats. We believe in the 24 hour rule. We take a full day to enjoy a win or recover from a loss. We then move on. Success can be harder to handle than failure. At times it can make us complacent and sloppy. We continue to look inward and focus on getting better.

Fab Five

The Falcon Fab Five relate more specifically to player expectations on the playing floor and in game situations. We believe these five things will be key factors in determining the end result on the scoreboard. Every day in practice we will place a high emphasis on each of these five areas. Players who can deliver on the "Fab Five" will see the most time on the playing floor.

"Falcon Fab Five"

#1	TAKE CARE OF THE BASKETBALL	We make good decisions with the basketball. We take pride in limiting turnovers and getting a good shot every possession. Each player has a personal goal to deliver more assists than turnovers.
#2	ATTACK THE GLASS	We will be a great rebounding team. We put special focus on offensive rebounding. We follow the motto that most teams get one shot per possession, good teams get two, great teams get three, and championships teams get four. We attack the glass.
#3	TAKE GOOD SHOTS	We just don't come down and jack up shots. Each player knows their shooting range and is conscious about getting a great shot. We are shot clock aware and realize that shots should be most selective early in the possession.
#4	PRESSURE DEFENSE	We believe in pressure defense. Our offense may sputter but there is no excuse for lack of defense. Falcon defense means more than preventing the other team from scoring. It means pressuring the basketball, wearing down your opponent, creating turnovers, and converting turnovers into easy fast break points.
#5	MAKE FREE THROWS & LAYUPS	We need to consistently convert inside and cash in at the free throw line. We place a high emphasis every day on finishing in the paint. We also spend time every day working and focusing on free throws. We want to make more free throws than the other team shoots.

Style of Play

Offense

We will play an up tempo game. We will look to push the ball in transition. We will look for fast break opportunities after both missed and made baskets. At the same time we will take care of the basketball. We will make it a top priority to make good decisions and limit our turnovers. Our fast break will flow naturally into our half court offense. We believe this keeps constant pressure on the defense. We do not want to take time to reset the offense allowing the defense the opportunity to get organized. Our half court offense will emphasize good spacing, dribble penetration, solid screens, sharp cuts, crisp passes, along with intelligence and patience. We will utilize several different entries into our half court offense in addition to the fast break. We will also use set plays to isolate scoring opportunities for specific players in specific situations on the court. We will be prepared for zone defenses and various pressure defenses. We will attack pressure aggressively and intelligently looking to make the defense pay. We will crash the boards relentlessly looking for second, third, and fourth shots. Offensive rebounding will be a big part of our focus all season long. Lastly, we will not hesitate to use defense to create offense. Here is a quick summary of our offensive philosophy:

- 1) Look to push the basketball in transition. We should create one third of our scoring opportunities on fast break opportunities. We will push the ball after both missed shots and made baskets. Although we like fast break opportunities we stress the importance of good decisions and taking care of the basketball. Our fast break will flow naturally into our half court offense.
- 2) Use one or two structured offenses as the staple of our half court offense. Offenses will emphasize spacing, dribble penetration, solid screens, passing, and cutting. In addition to our fast break we will have a few different ways to enter our half court offense.
- 3) Use a series of set plays to isolate scoring opportunities for given players in given situations.
- 4) Aggressively attack the offensive boards. I endorse the thinking that most teams get one shot at the offensive end, good teams get two, great teams get three, and championship teams get four. We will attack the glass!
- 5) Take care of the basketball. We love to push the basketball in transition but more importantly we always want to take care of the basketball. Those players that limit turnovers and make the most of every possession will find the most time on the court.
- 6) Use defense to create offense.
- 7) We will focus on being a good free throw shooting team. Cashing in at the free throw line is part of the "Falcon Fab Five".

- 8) Attack pressure aggressively and intelligently looking to make the defense pay. We look to score against pressure.

Defense

There is an old saying that says, "Offense puts people in the stands and defense wins championships". Team defense and pressure defense is fundamental to the success of Lady Falcon Basketball. Our man to man defense is the core of our defensive strategy. It is based on rules and principles. We work as individuals and as a team to not violate these principles. Every possession is as a battle that we seek to win. Every two points is sacred. We make our opponents fight for every hoop. We believe tough team defense will keep us competitive day in and day out on the basketball floor. Falcon defense also means more than preventing the other team from scoring. It means pressuring the basketball, wearing down your opponent, creating turnovers, and converting turnovers into easy fast break points. We will be creative about changing defenses and using pressure to create chaos and confusion with our opponents. Here is a quick summary of some of our key defensive principles.

- ✓ We talk on defense. Falcon defense is about constant communication
- ✓ We protect the paint. The key is considered our home turf and we protect it with pride.
- ✓ We have great vision. We never lose sight of the ball or contact with our man.
- ✓ We work protect that basket and slow the ball in transition. No easy fast break points!
- ✓ We are physical and we play with great determination.
- ✓ We have great on ball pressure. Good defense is about constant pressure.
- ✓ We will change defenses strategically to create confusion.
- ✓ We deny passing lanes.
- ✓ No second shots. We block out and rebound with aggressiveness.
- ✓ We provide great help on ball side of the floor. Defense is a team effort.
- ✓ We look to take charges.
- ✓ We communicate on screens. We fight through off ball screens and we switch ball screens.
- ✓ We play with heart and hustle.
- ✓ We look to cause deflections.
- ✓ We create offense with our defense.
- ✓ We anticipate
- ✓ We stop dribble penetration.
- ✓ We move every time the ball moves
- ✓ We sprint back in transition
- ✓ We fan to the outside.
- ✓ We don't leave our feet to block shots
- ✓ We get on the floor after loose balls
- ✓ We always get a hand in the shooter's face

Practice

An old college coach once said, "I just love the game of basketball! I don't need 18,000 people screaming and all the peripheral things. To me, the most enjoyable part is the practice and preparation." Practice and preparation are as important as anything we do. It is our belief that games are won in practice. We are firm believers in highly organized, quick moving, and hands-on practice sessions. Our practices are competitive and upbeat. Every drill and every activity has a purpose. Each day we try to have winners and losers. Focus is on fundamentals, conditioning, team execution, and preparing for opponents. Practice is a time for high energy and intense communication. We try and create a vibrant and noisy atmosphere. It is a place where we prepare and learn as a team. It is our classroom.

Favorite Quotes on Practice

- Games are won in Practice – Adolph Rupp
- Individual fundamentals should take up no less than fifty percent of practice time. – John Wooden
- Practice isn't the thing you do once you're good. It's the thing you do that makes you good.
- We are what we repeatedly do. Excellence is not an act but a habit. – Aristotle
- When you are not practicing, someone else is, and when you meet they will win. – Bill Bradley

Missing Practice

Players should place a high priority on not missing practices. Missing practice will almost always limit and/or restrict playing time. With that in mind we also differentiate between excused and unexcused misses. While excused misses may limit playing time they do not jeopardize your standing with the team. The following are examples of things that would qualify as an excused miss of practice.

- 1) Sickness or injury
- 2) Family emergency or extremely important family event.
- 3) School related event important to one's academic standing
- 4) Religious observance
- 5) Saturday Practice at coaches discretion (club sports, etc).

Unexcused Misses of Practice

Unexcused misses have more serious consequences. Missing a weekday practice for some reason other than above will be considered unexcused. It will always affect your playing time and/or standing with the team. The consequences are outlined below.

Unexcused Absence	Consequence
1 st	Loss of starting position and/or restricted playing time. One Sweet 16 for every 30 minutes of practice missed.
2 nd	Not play in following game. One Sweet 16 for every 30 minutes of practice missed.
3 rd	Subject to dismissal from team.