

Campo Verde Basketball



**“Every day, we either get
better or worse, we don’t
stay the same”**

BE UNCOMMON



***CHAMPIONSHIPS are not won on the night
of a big event, but years before by
athletes who commit themselves daily
to Championship Principles***

-DICK DEVENZIO

CAMPO HOOPS



Head Varsity Coach: Michael Wirth

- 100+ Wins as a Varsity Head Coach
- 3 programs to most wins or highest winning %
- 3x Who's Who Among Teachers
- School District Teacher of the Year
- Founding member of Arizona Basketball Coaches Association
- Former All-State Player

“Enclosed you will find the information and structure that is the Men’s Basketball Program here at Campo Verde High School. Our program core pillars and character traits are in place to impact the lives of players and help to prepare them to become their very best in all areas of their lives. Campo Verde is a special place! The ideals of Character, Values, Honor, and Scholarship are evident throughout all programs. Every player, every person, and every parent are an integral part of making this school something different, something special that you don’t find anywhere else. Each of us plays an important role to maintain and continue to build on those principles. May we all strive to help each other become our very best by ‘Taking the Day and thus Becoming Uncommon!’”

-Coach Wirth



Expectations of Coaches

Players and Parents can expect the following things from all coaches on staff

- Coaches will be professional
- Coaches will be organized and prepared
- Coaches will be a positive model on and off the court
- Coaches will instill a team first mentality and treat everyone with respect
- Coaches will strive to help each player become their very best in all areas of their life
- Coaches will utilize the following coaching methods
 1. 3Dimensional coaching philosophy: Fundamentals, Mind, Heart
 2. Praise the action
 3. Focus on future goals
 4. Eliminate negative statements
 5. Short, specific corrective instruction: 7 words
 6. Give a visual example on skill development
 7. Deep practice: repeat, repeat, until perfected



Mission

***To engage daily in the process of
becoming our B.E.S.T***

As a Person

As a Student

As an Athlete

As a TEAMMATE

AS A TEAM

Motto: Make it a Way of Life



B.E.S.T Principles

B=Belief

- Definition: We believe in ourselves, we believe in each other, we believe in the process.
- Quote: "Our behavior tells us what we really believe."

E=Effort

- Defined: Maximum effort in everything
- Quote: "Excellence = Everything you've got for the time that you are there."

S=Synergy

- Defined: Working together in a combination of Unselfishness, Energy, Enthusiasm and Togetherness that generates amazing accomplishments
- Quote: "Whatever hurts my brother, hurts me."

T=Toughness

- Defined: We will display physical and mental toughness by embracing adversity as an opportunity.
- Will SET our MINDS on a growth process.
- Quote: "Life is found in the arena . . . We always compete."

X Factor: A=Attitude

- Defined: Relentless positive attitudes release Beast Mode!
- Quote: "A positive attitude will ignite enthusiasm which leads to amazing!"



Common Culture Language

E+R=O. Event plus Response equals outcome

R factor: How do you respond?

- R1: Press Pause
- R2: Get your mind right
- R3: Step up
- R4: Adjust and adapt
- R5: Make a difference
- R6: Build Skill

Every Rep Matters: Game Reps and Mental Reps

No Complaining Rule:

NC1: Gratitude: Think of 5 things you thankful for

NC2: Think of others that have it worse than you

NC3: Never any mindless complaining to a team member or family member. If there is an issue bring it to someone in a position of leadership with 2 possible solutions

40% Rule: Navy Seals teaching point, when your body is telling you you are tired, you have 60% left

FAW: Find A Way

IAO: Improve, Adapt, and Overcome

What players can control: REAL Responses, Effort, Attitude, Learning.

FLUSH IT: Flush the failure, focus on what is next not what just happened.

Self-Talk: When negative thoughts come into your mind, get victory over your mind with I AM statements. I am going to make the shot, I am going to be my best, I am going to do this.

Focus Word: The one word or thing you say or do to regain focus: Look at the flag.



Program Identity

- 1. Shooting the basketball***
- 2. Transition***
- 3. Team Defense***

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H O O P S



Team Rules

1. Be Here

2. Be On Time

3. Don't Embarrass the Team



TOGETHERNESS AND TOUGNESS

Player Expectations

Academics: Players are expected to strive to maintain a GPA of 3.5 or higher. Study tables and tutoring could be assigned to those below a 3.5

Team Rules and Expectations: All players expected to know and follow team rules and expectations. Failure to do so could result in suspension or dismissal.

Tip of the Sword: The expectation is to be the best of the best in all areas: Academics, Athletics, Character, Community, etc.

Strength Training: It is the expectation that all members participate in improving their strength, speed, and agility through the program and on their own personal time.

Skill Development: It is the expectation that all members participate in skill development clinics conducted by coaching staff and on their own personal time.

Fundraising: All players are expected to contribute or find a contributor for tax credit and participate in all fundraising activities.

Youth Program: All members will support the Campo Verde Youth Basketball program through participation, mentoring, and service.

Respect and Responsibility: All players are expected to treat everyone with respect at all times and to take care of all equipment and gear.

Teamwork and Sportsmanship: All players need to understand and practice putting the team in front of personal needs and be coachable. Proper sportsmanship must be demonstrated at all times.

Communication: All players are expected to communicate with teammates and coaches in the proper manner. Notify coaches if there are any conflicts or issues.



Other Information

1. Injured players are still expected to dress out at practice and complete rehab program or alternative exercise and involvement during practice
2. All players are expected to sit together prior to their game with their teammates free from all others and from any distractions
3. All players will be expected to adhere to the game day dress attire
4. No jewelry is to be worn during practice time
5. Players must notify coaches of any absence prior



Daily Practice Expectations

R.E.S.P.E.C.T

R = Run, (everywhere)

E = Effort (extreme)

S = Specific Communication (every 10 secs)

P = Positive attitude (body language and verbal)

E = Energy (manufacture it)

C = Concentration (focus in)

T = Togetherness (5 as 1)

**Respect the time, Respect the opportunity, Respect
the struggle, Respect the game!**



Four Rules of Basketball

- 1. Always Move**
- 2. Only throw the ball to your own team**
- 3. Take only easy shots**
- 4. Never let the other team take easy shots**



Defensive Rules

- 1. Always pressure the ball**
- 2. Talk, specific communication**
- 3. Get in the gaps. If you are not pressuring the ball, must protect the lane and basket. MOVE WHILE THE BALL IS IN THE AIR!**
- 4. Hands must be up and active**
- 5. Hit and Go Get on box outs.**

Know our No's

- No Layups**
- No Lane**
- No 2nd shots**

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H O O P S



12 Defensive Principles

1. **Pressure** the Air out of the ball. Constant Ball Pressure.
2. **Stance and Hands:** Must Always be in it, Must always have Active Hands. NEVER GET BEAT BASELINE OR IN A STRAIGHT LINE!
3. **Explode:** Sprint the 1st two steps in closeout with hands out, Move will ball is in the air. Stay on your feet.
4. **Communication:** Talk must be specific, Hands must be active, ball must be pressured
5. **Box Outs** are: Hit, Find, Pursue, grab any ball with two hands and chin it
6. **Get in the Gaps:** Help side is more than ½ the distance towards the ball
7. **Closed and Open:** Be slightly closed to ball in help position and Always open to the ball on back cuts
8. **Position on Screens:** Be difficult to be screened by moving with the ball
9. **Cutters:** Never let man cut between you and the ball. Must tag all cutters
10. **Post Flash:** Never let post flash unimpeded. Must choke the post if ball gets in the post.
11. **Lane:** Keep the ball out of the lane. Period. NEVER GET BEAT BASELINE OR IN A STRAIGHT LINE!
12. **50/50's and Deflections:** Get all loose balls with 2 hands and chin it and get deflections without leaving your feet having active hands



“Play hard D or Sit the B”

“Now this is the law of the jungle, As old and as true as the sky; And the Coyote that shall keep it may prosper, But the Coyote that shall break it must die. As the creeper that girdles the tree trunk, The law runneth forward and back. For the strength of the pack is the Coyote, And the strength of the Coyote is the pack.”

-Ruyard Kipling (paraphrased)



Offense

We will look to push the ball on misses and makes. Must learn to SPRINT in the proper lanes. We are first look to get a great shot in the first 10 seconds.

Good shots: The lowest percentage shot at any level is the mid-range shot off the dribble: (12 ft to 18 ft). All of our shots should need to be an open 3 or in the lane area. (0-10 ft). Bad shots not only lower our points per possession but give the opposing team more opportunities for easy transition points.

Eliminate unnecessary dribbles: Only 3 reasons to dribble: Dribble to attack the basket, shorten the pass, or back out of a double team.

Transition Offense: Always look to advance the ball with the pass. Turnovers and long rebounds we look for advantage transition. All other possession we can run either primary or drag screen. If the ball is ahead of the 4 and 5 we will run double drag into USA. (See playbook)

½ Court Offense: If we don't get a great shot within the first 10 seconds we will follow the ½ court rules. Man offense will be Open Motion and set plays. Zone offense will be 1-3-1 or Rover and set plays. (See playbook)

½ Court Offense Rules

1. Must make 4 passes before a shot attempt: Hoosier rule.
2. Ball must go side to side.
3. Ball must get in the lane.

Other Offense Standards

1. Sailor: We will designate one player to be the sailor who sprints as soon as a shot is taken.
2. 4 man will inbound the ball in full court. Baseline and Sideline in frontcourt 1 man will inbound the ball. We hold the ball under 1 minute for last shot, unless score dictates otherwise.
3. We will designate a favorite set play as our closer play for quarters.
4. Post entry passes need to be bounce passes 90% of the time.
5. Must sprint cuts in and out
6. Before an offensive players does anything with the ball, must peek at the rim and know where all ten players are at.



12 Offensive Principles

1. Take only good shots.
2. Make only safe passes.
3. Eliminate unnecessary dribbles. You only dribble to do 1 of 3 things: Attack basket, shorten pass, or back out of a double team
4. If you are standing, you are not open. Always meet the pass
5. All passes to the lane have to either be bounce passes or above the defense.
6. Must play in two speeds, set up speed and exploding speed.
7. If you cut to the basket you must cut hard and then you must cut out of the lane as hard as you went in. Must touch on screens.
8. The longer you make the defense play defense, the easier it will be to score.
9. When a shot goes up only the crashers go to the O Boards, normally the 3, 4 and 5. The sprinters 1 and 2, sprint to half court for transition defense
10. When you catch the ball you must instantly be in triple threat and know where all 10 players are at before you do anything.
11. All Shots come from 2 locations: Open 3's or in the lane
12. ½ court offense rules before a shot is attempted: 1. 4 passes, 2. Ball must go side to side. 3. Ball must get in the lane.

RUN THE FLOOR YOU SCORE!



WIN THE WAR ONE BATTLE AT A TIME!

Turnover Battle: Value each offensive possession, value taking care of the ball! Next to your teammates, it is the most important thing on the court! Cause the other team to turn it over by be in the right position defensively with active hands. GET DEFLECTIONS WITHOUT LEAVING YOUR FEET!

Rebounding Battle: Everybody makes contact on box outs! Pursue all defensive boards with two hands. Be an aggressive offensive rebounder, track the ball in flight, keep it alive if you are a crasher!

FT Battle: The most important statistic in the game is points per possession! An offensive possession where we shoot Free Throws is statistically the best possible possession. Seek out contact on the offensive end, don't avoid. On the defensive end, must play position defense and KEEP YOUR FEET ON THE GROUND! WALL UP in the post! HELP SIDE DEFENSE blocks the shot, not the WALL!



Terminology:

Crashers: Those designated to crash the O Boards every time a shot goes up. Usually the 3,4, and 5.

Sprinters: Those designated to get back in transition defense by sprinting to the half court sidelines when a shot goes up.

Wolf: What you shout when a defender is coming behind the ball

Sailor: The term used for a release man, when the opposing team shoots, the sailor sprints to the other end.

Scoring Pass: Push pass. Type of pass that is used most frequently in scoring position.

Quick stop: Term used instead of Jump stop, especially younger players like to leave the ground when jump stop term is used, we want them to quick stop.

Apex: Spot on the court that is where the lane line meets the 3 pt line

Button: spot on the court where the free throw line extended and volleyball line meets the 3 point line.

Corner: 3 pt line in corner

Short corner: ½ way between low block and corner

Scoring corner: 2 feet off the low block

Doorway: Low block

Elbow: FT ends

3 man game: 3 players working together on strong side. Can down screen, Up screen and back pick. 1 occupies the post

2 man game: 2 players working together on weak side. Without the ball they can screen away, back cut and fill, or fade screen.

Rim Runner: 4 or 5 whoever doesn't get rebound or is the furthest down the court runs rim to rim then goes to ball side block and occupies the 5 spot.

Get wide to ball side: What the PG needs to do for outlet to start transition



J route: Preferred route the PG makes to catch pass moving forward.

Running lanes: 2 and 3 spots; between volleyball lines and sidelines.

Up the street: Advancing the ball along same sideline

Across the street: Advancing the ball to opposite sidelines.

Alternating current: Quick passes and then hold the ball for a second helping the ebb and flow of the offense. Playing in two speeds instead of one speed.

Laker High, Laker Low, X-Cut, Relocate: 4 options the passer has when ball is passed to the post.

Fill Behind: On dribble penetration, we want to fill behind the penetrator for an open shot

Quick stops: Jump stops, don't want to jump when you stop

Post Box: 4 foot box around the rim. No Catch Zone

Don't Get Stretched: Widen gaps in defense

Tag Cutters: Must make contact with any cutter

Choke the post: Dig of ball gets to the post player

Chin to shoulder: $\frac{3}{4}$ high post defense

Pop Back in Post: If defending the post, and the post receives the ball, must pop back to half an arm position.

Wall up: Defending the the person trying to score in the post. Both hands above head, knees slightly bent, feet stay on the ground



Player Do's and Don'ts

Do's (Being Sharp)

And

Don'ts (Being Sloppy)

| What we Do: Being Sharp | What we Don't Do: Being Sloppy |
|---|--|
| -Diving for loose balls, running to help up a teammate | -Bending over to pick up loose balls, not running to help up a teammate |
| -Securing 50/50 balls with two hands and chinning it while looking to advance the ball with a pass | -Trying to obtain a 50/50 ball by dribbling it |
| -Pursuing Defensive Rebounds with 2 hands | -Trying to get a D board with 1 hand |
| -Sprinting to the defensive gap while the ball is in the air | -Hopping to the spot while watching the ball |
| -Making contact on every box out | -Turning and looking at the ball |
| -Staying down on defense making all shot attempts difficult | -Leaving our feet on the first shot fake |
| -Staying in a stance at all times, talking on defense | -Standing up on defense, not saying anything |
| -Creating a collision when setting and coming off screens | -Running by each other on screens |
| -Quick stopping (Jump stopping) before passing | -Leaving your feet to make passes |
| -Stepping forward and meeting all passes | -Waiting for the pass to come to you |
| -Tucked in jersey | -Untucked jersey |
| -Watching game film intently to gain knowledge | -Watching game film for entertainment or to relive highlights |
| -Thinking about what is next after a bad play or call | -Complaining verbally and nonverbally about a bad call or bad break in the game |
| -Focusing on what you can do next to help the team whether in the game or on the bench | -Thinking about why you are not in the game |
| -Running off the floor | -Walking off the floor |
| -Picking up all trash: cups, athletic tape, etc | -Leaving trash on the floor or locker |
| -Being quiet and reflective before the game on bus and in locker room | -Laughing, telling stories, talking about things unrelated the upcoming game |
| -Paying attention in class, turning in your work, striving to be the best in all areas of your life | -Sleeping in class, not turning in all your work, hanging out with the wrong crowd |
| -Being coachable, make eye contact and listen to coaches | -Doing your own thing, not listening or making eye contact |
| -Eating the right foods, taking care of your body | -Eating junk food, staying up late |



Player Code of Conduct

I, the undersigned, agree to the following

1. I agree to follow the team rules to the best of my ability. Be Here, Be on Time, Don't Embarrass the Team
2. I pledge to live up to all team expectations in Academics, Rules, Tip of the Sword, Strength Training, Skill Development, Fundraising, and Youth programs.
3. I pledge to uphold the Culture Pillars and Core Values.
4. I will follow all GPS and CVHS rules, guidelines, and expectations.
5. I pledge to always be supportive and respectful of my teammates, coaches, and anyone associated with the program at all times.
6. I will refrain from the use of any alcohol, tobacco, and drugs of any kind.
7. I pledge to be coachable and give my maximum effort at all times.
8. I understand that becoming your best requires giving your best effort in all areas of life.
9. I will strive to maintain a G.P.A of 3.5 or higher and utilize all resources on campus.
10. I will practice sportsmanship at all times.
11. I will strive to be a positive role model on and off the court.
12. I fully understand that not fulfilling these rules/expectations and/or if I violate any school/district rules/expectations on any level could lead to my suspension and/or dismissal from the program.

Date: _____

Player Printed Name: _____ Signature: _____

Parent Printed Name: _____ Signature: _____



Parent Expectations

Be a part of the culture

1. **Believe:** Believe in your son, support them. Believe in other players and coaches. Speak in a positive manner about other players, coaches, and program in public. Promote the program in words and social media. **You are the most influential voice representing our program to the public**
2. **Effort:** Join in. Participate in team events, join a committee, volunteer, participate in teaching and practicing the culture.
3. **Synergy:** Applaud for every player, let it be your son's experience. Studies show that what players want to hear most from parents is "I am proud of you, I love to watch you play."
4. **Toughness:** Be a Parent, Stay in your lane: A parent role is to support your son and the team. Refrain from coaching from the stands. Live out what we want our kids to live out by practicing self-discipline.
5. **Attitude:** Be a positive influence by refraining for any negative talk and actions towards other players, parents, and coaches. Never criticize players, coaches, officials, other parents in public.

"Your son's success or lack of success in sports does not indicate what kind of parent you are ; but having a son that is coachable, respectful, a great teammate, mentally tough, resilient and always tries their best is a positive reflection of parenting."



Parental Code of Conduct

I/We, the undersigned, agree to the following

1. I/We understand that my son's success or lack of success in sports does not indicate what kind of parent that I am; but having a son that is coachable, respectful, a great teammate, mentally tough, resilient and always tries their best is a reflection of my parenting.
2. I/We agree to attend as many organizational information team/program meetings as possible.
3. I/We agree that parents are expected to actively participate in activities for the program including being involved on booster club committee and partake in the fundraising activities.
4. I/We agree and accept the coaching staff's authority to determine player selection, playing time, and strategy.
5. I/We pledge to always publically speak in a positive manner about players, coaches, other parents and the program.
6. I/We understand that any negative text messages, emails, phone calls and conversations about playing time, game decisions, and player selection is detrimental to program and makes situations more difficult for my son and everyone else and agree not conduct any of those activities.
7. I/We pledge to help my/our son understand and follow all team expectations and rules.
8. I/We pledge to help make sure my/our son attends all activities on time.
9. I/We pledge to demonstrate appropriate behavior and language towards all opposing fans, players, and officials at all times.
10. I/We pledge to not do anything that might be disruptive to the program in any way both in and out of the gym.
11. I/We pledge to never undermine the authority of the coaching staff, the success of the team, or the overall goals and objectives of the program.
12. I/We understand that being a part of the Campo Verde Basketball Program is privilege and not a right for not just the students but for all us.
13. I/We understand that the focus is on the team and program not just my son and that the best thing I can say to my son is "I love you and love watching you be a part of something."

Date: _____

Parent Printed Name: _____ Signature: _____

Parent Printed Name: _____ Signature: _____



Notes:



Notes:



Notes:

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H O O P S

**TOGETHER
NEWS
TOUGH
NEWS**

