

PHASES OF BASKETBALL RANK OF IMPORTANCE

You Can't Be Good At Everything... Choose What You Want to Be Great At and Make That Your Identity!

Half Court Zone Defense –

Half Court Offense –

Transition Defense –

ELOB Offense –

Defensive Rebounding –

Half Court Man Defense –

Full Court Press Defense –

Transition Offense –

ELOB Defense –

Offensive Rebounding –

Free Throws –

What I Want To Be Great At: *(Max Of 3)*

What I Want To Be Good At: *(3-5 At Very Most, Ideally 3)*

What I Can Live With As A Weakness: *(At Least 2)*

What I Can Live Without Practicing: *(At Least 1, something you squeeze in only if you have time)*