

Immanuel Lutheran Spartans Basketball

Our athletic program's goal is to teach our student athletes the game of basketball by practicing and learning the fundamentals, providing a better understanding of the game, teaching the mental aspect of competing in sports, understanding the different roles players can take on to benefit team play, and teaching our students to assume the role of Christian athletes.

Focus will be on:

Offense:

- Team work
- Dribbling
- Passing
- Screening
- Spacing
- Ball reversal
- Finishing
- Shooting

Defense:

- Team work
- Rebounding
- Blocking out
- Positioning (No middle, direct to midpoint)
- Man to Man defense
- Zone defense (1-3-1, 2-3, 3-2, box-in-1)
- Press
- Trap

Current Plan:

A-Teams will have more focus on skill development, teamwork, competition & winning.

B-Teams will focus more on learning, understanding and developing of the core principles.