

1. One of our absolute priorities is to play with great pace for 40 minutes. This can be a chore with only 6-7 players on the current roster, therefore, we may have to adjust our expectations regarding pace.

I certainly do not want to!

In the past few years we have always picked up full court. We haven't done so yet this season simply b/c of the number of players we have for each game & practice. Having said this, putting pressure on the ball usually prevents long passes, takes the opponent out of their offence, and simply disrupts their flow.

There are great reasons to pick up full court, however, it requires great effort, superb toughness and a willingness on everyone's part to buy-in. We'll confirm on Tuesday if you think you can handle stepping up to full court defence—you have to be in great shape to do so.

2. Last night we allowed far too many long passes—and twice in the last 2 minutes they scored a lay-up from a full court pass which tied the game—one of these was after a made free throw—no excuse for this.

We can and will correct this.

3. A Foul is a mistake!

They only had 1 basket in Q3 but we let them off the hook with free throws. They were able to get 'free points' and more importantly, they got some much-needed rest.

Their coach told me this morning that their team was completely 'gassed out' after our game. I think they were exhausted during the third quarter, however, we gave them the opportunity to rest time and time again b/c we stopped the play by fouling.

PACE is critical to our success. When other teams get to rest, we lose our advantage—vs. CYDC they had too much rest in Q3 & Q4 b/c of free throws—that's on us, not the refs.

Tiring out an opponent could take 38 min, 35 min, 30 min, just 2-3 quarters, etc. Stick to the plan by committing to pace and not fouling! Because of our Style of Play, it is much better to give up the odd basket (if you get beat) than to foul the shooter.

They also had a couple of what I call a '94-foot-foul'—that is, we fouled them under their defensive basket and they walked 94 feet to the free throw line for 'free points' and a rest. We must be smarter than this!

4. This was the first time ever that CYDC beat Vision. They were extremely happy. They played a pretty good game, we did not—we'll see them again.

5. Playing sports can be defined as Winning & Losing games. I like to think that playing sports is Winning and Learning from games. We learned plenty last night... We may have lost on the scoreboard but we will win in the end by implementing what we have learned.

6. For our next game, remember to pass to your teammates rather than to your opponents or the fans—we through away far too many balls last night. I don't know how many turnovers we had but it seemed constant that we were throwing the ball away either to CY or out of bounds.

Take care of the ball! This is a mantra uttered by the best teams at all levels. Taking care of the basketball is a requirement for our team to be successful.

7. Presses are beat most often by passing—we tried to dribble too much vs. their press—players on the sideline need to become available, if required. We need to drill this at practice to obtain a clearer picture of how we can effectively nullify a press.

8. Anytime there is penetration vs. a zone, you must be cognizant of the importance of 'one more'. Penetrate, *Pass-Pass* will often lead to an open shot—certainly a much better opportunity than just one pass after penetration.

9. When we run Phoenix vs a zone, the pick on the ball can be done on the high defender (the guard), not the wing defender. Last night we set the pick on the wing defender and we still had to beat the guard when attacking middle—this is an easy fix.

10. Remember, we are creating Actions so we can watch Dominoes fall (creating advantages). Against the better teams, we require more consecutive actions to create advantages. When we played Big Rock, we had success with just 1-2 actions—their dominoes fell rather quickly vs. our Actions— not so vs. CYDC.

It is all of our collective responsibilities to Learn from our OT loss vs. CYDC.