

Having a Blueprint for Success

Taking you to your next level

Planning and Goal Setting

- What do you want to achieve?
- Verbalize and record
- Be realistic
 - 10,000 hours to be an expert
- Visualize
 - Put yourself into success before your have achieved it
 - Self pep-talk (5-10 things you need to be successful and confident on the court)
- Review and Update
 - How did you reach your goals?
 - Why did you not achieve what you were looking for?

Controllable(s)

- “Eye Test”
 - Fitness, Athleticism, Signals, Uniform, Whistle
- Energy and Hustle
- Style and Presence
 - Steal from others
 - Be a crew chief while working to your level
- Mechanics
- Attitude and Interactions
 - Approachable, genuine and positive
- Rules

*** Mastering these happens off-the-court!

Uncontrollable(s)

- Plays
- Players, Coaches, Fans
- Partners
- Table
- Game activity or flow
- Assignments

Dealing with Uncontrollable(s)

- Plays
 - Game tape, live games go into your memory bank
 - Position
- Players, Coaches, Fans
 - Judge the upside/downside of actions
 - Confidence and strength
- Table
- Partners
 - Pre-game, on-court communication
- Game activity or flow
 - Take charge or stay out of the way
- Assignments

Business of Basketball

- Job Interview
 - Every time on the court
- Sales
 - Always selling
- Goodwill
 - Respect not friendship
- Marketing:
 - Invest 20% in marketing your brand image