



I. Players, Here Are The Practicals:

Coaches, you will have to educate, empower and emphasize these topics to your players. They won't have the self will or discipline to do these on their own.

1. Look up TedTalks, podcasts and books on character traits that interest you:
 - a. Specific to dealing with stress, anxiety, confidence, connection and pressure.
 - b. If there are any threats to your game - do research on it.
2. Watch film:
 - a. Soak up and ingest the offensive and defensive concepts that you are responsible for.
 - b. Break down your game into trends, traits, strengths and weaknesses on both ends.
 - c. Go over edits with your teammates or coach. Start with good clips, then improvement clips and end with good clips. This is called the "Positive Sandwich method of Connection".
3. Figure out 2-3 solutions on how to improve every aspect of your game for the off season:
 - a. Your Coach will have a big influence here.
 - b. Practical things you can do daily and weekly to build your total self include:
 - i. Physical Strategies
 - ii. Mental Strategies
 - iii. Emotional Strategies
 - iv. Spiritual Strategies
4. Physical:
 - a. Workout on your own or with a teammate.
 - b. Target your strengths and weaknesses.
 - c. What drills can you do daily to get the necessary reps in?
 - d. Yoga
 - e. Weights
 - f. Cardio (outside of basketball), like swimming, biking, going for a hike, running football routes on soft grass/field.
5. Mental:
 - a. Watch film of all your games.
 - b. Take notes of trends, traits, strengths, weaknesses.
 - c. Come up with an off season game plan on how to enhance strengths and turn weaknesses into strengths.
 - d. What drills will you do by yourself?



- e. Look up a WNBA / NBA / NCAA player who you admire or should pattern your game after. Dissect and study what they do best, including on ball, off ball transition on both ends, body language, bench behavior, relationship with their coach, connection to teammates, how they handle timeouts and/or mistakes, how they handle being taken out of game and how they handle pressure.
 - f. TRY THIS:
 - i. Direct message (DM) 10 players you admire on Instagram.
 - ii. Ask them 2 good questions about Skill Self Improvement (SSI) and Being a Good Teammate (BGT).
 - iii. In my experience, these are the two biggest assets you can improve on during the off season!
 - g. If you don't already (90% of you don't), start a basketball journal and notebook. Write down goals, keep an exercise journal, coach's playbook, track what you are learning, write down new terminology.
 - h. Read books on values and things you struggle with. For example, if you deal with depression and negative reaction to stress then read up on that. If you struggle with Time Management and procrastinating then research and study that. If you struggle with diet, a podcast , article , or book might help
6. Emotional:
- a. Self evaluate:
 - i. Clear the air with your coach.
 - ii. Have the courage to have your coach give you a brutal evaluation of your emotional IQ.
 - iii. Emotional transfer is not always the answer.
 - iv. Be transparent and get out how you feel about your teammates and coaches, including the good things, hurtful things and the things you want to see more of out of them. It's always great to be in a relationship with honesty, clarity and accountability. During this lock down now, YOU have the time to address this.
 - v. Do this with your teammates. Ask them about your good, bad and ugly. Take some "truth syrup". This is almost impossible to get you guys to do, because you are too caught up in your feelings and are too sensitive to hard language from others! But do it.
 - vi. Do a self check on all your technology. Your phone, your PC, your music, your TV. If anything is negative or sucking your energy, positivity and aptitude, then delete it! I have had to do this a few times in my life.
7. Spiritual:
- a. With all the free time, it's now a great opportunity to connect with God. He is always there and won't hate you if you have not talked to him in awhile or in this



- situation. I know a lot of coaches who pray before and after games but prayer is something you can do throughout every day. It's the "vitamins" to our soul.
- b. Have daily face time devotions with your teammates. Discuss it and see what Bible lessons you can interpret that have fit and related into your season.
 - c. Watch an online sermon by great relatable pastors. I promise you they are not boring and dry. TD Jakes, Steven Furtic, Ron Carpenter Jr. to name a few. Watch them and take notes on how god is speaking to you. Then apply this to your game and your team!
 - d. Every great player I have been on the court with (Ray Allen, Manu Ginobili, LeBron James, Kobe Bryant, Chris Paul, Terry Rozier, Mya Moore etc.) have solitude time. This means they get away from the "noise" of daily life and pray or meditate. They capture negative thoughts, negative feelings and release them. They embrace positive, wise thoughts and keep them. They listen to what God is telling them. Most of the time it's early morning silence but it could be at night as well. Alone time where it's just you, your soul and your mind. What is "life" speaking to you? You can do it in silence, you can do it with song, but there can't be any distractions.

II. Coaches Vision during Virus: Strategies to Help Players Improve:

1. Write for each Player a "Year in Review" or a Scouting Report Evaluation:
 - a. PD reports.
 - b. Video breakdowns of their strengths, improvements and trends.
 - c. Follow that up with "medicine". Drills, workouts, specific daily things they can do to improve. Give them the what, why, how and when of their reps!
2. Give them a S.W.A.T analysis. Analyze their "S.W.A.T" team
 - a. Do this for them as a person, player and team member or teammate
 - i. S-trength
 1. As a player, person and teammate.
 - ii. W-eakneses
 1. As a player, person and teammate.
 - iii. A-ttitude that may affect their opportunities
 1. How do they respond to you and to others? Did they listen, are they coachable? How selfless are they? Did they buy it every day? How great were they in their role? Were they assertive or did you have to manipulate them, dictate to them to get extra film and floor work ?



2. List out ALL on and off court opportunities for them now. If they work and earn it, list out future ones as well. Obviously the big one is playing time. But what can they learn and add to their “tool box“ as a player/person?
 3. Review their personal and team goals. This determines many of their opportunities.
 4. Make sure their goals include life as well as hoops.
- iv. T-hreats
1. What are their habits, hang ups? What’s their “kryptonite”?
 2. Mental disorder? Do they need professional help?
 3. Laziness, fear, selfishness, social media?
 4. Family and friend distractions?
 5. Trust for the program, coaches and teammates.
 6. How will you take out this threat? The best way is to clear the air. Get it out, confront it and move towards a resolution. There must be:
 - a. Empathy
 - b. Listening
 - c. Truths/Facts
 - d. Forgiveness
 - e. Trust at the end
 - f. Organized POA (Plan of Action), moving toward practical solutions
3. Team Evaluations
- a. Defense: (some suggestions)
 - i. Video + written evals
 - ii. PNR D
 - iii. Transition D
 - iv. DREB
 - v. Late clock D
 - b. Offense: (some suggestions)
 - i. Video + written evals
 - ii. Transition O
 - iii. Early O
 - iv. Half court O
 - v. Late clock O
 - vi. Looking at all turnovers marking forced or unforced, relative shot clock situations when occurred and live ball vs dead ball.
 - c. Culture



- i. Evaluate how well your team and individuals did on your core values.
- ii. Non-negotiables.
- iii. Did they believe in themselves?
- iv. How well did they demonstrate them daily? Weekly? Monthly? After Losses? During losing streaks?
- v. What's the community's opinion of your team?
- vi. What's the athletic department and other sports opinion of your team?
- vii. What's the school's opinion of your team?

If anything needs improvement, put a POA (plan of action) in place to change it. Do research and adjust.

And always, no matter what...

GET AFTER IT!