

# The Home Court Advantage



## Hello Lady Mustang Basketball!

I hope everyone is doing well! Is anyone else getting a little stir crazy from being inside more than you can likely ever remember? (Our family is so stir crazy!) Hopefully you and your family are finding creative ways to stay busy while staying safe! I am missing seeing each of you daily and can't wait to be back together and working towards next season!

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**“The dogmas of the quiet past are inadequate to the stormy present. The occasion is piled high with difficulty, and we must rise with the occasion. As our case is new, so we must think anew and act anew.” - President Abraham Lincoln**

The President's words could not ring more true than they do for us today. We are all encountering so many new challenges each day it seems. So we must find a new way to be successful in whatever we are doing. Try to look at challenges differently than you would have the day before. I hope this time at home becomes our *“Home Court Advantage”* for the future!

### **Something New:**

#### ***“New Move Mondays”***

Starting today, I will be sending out a new basketball move for our players to work on mastering each week. The hope would be that each player would be working to improve this move well enough to complete it 10 times in a row. For those that can already do this, work on being able to complete this move 10 times in a row with each hand. *This week's New Move:*

⇒ **Between the legs, One dribble, then Behind the Back.**

\*\*Video example sent out via remind

- ◇ Please video yourself on Fridays and send it to Coach Berkman so he can see your progress.
- ◇ For an added bit of fun, try to teach the move to a parent or a sibling and video them as well.

### **Staying in Shape:**

Even though we are all away from a weight room, track, and gym we can still work on staying in shape. Studies show that just 15 minutes a day of being active is great not only for staying in shape physically but for keeping the brain active; which is important right now while we are keeping up with school work on an irregular schedule and setting.

The coaching staff is going to continue to put together and send workouts to our teams that are built around being at home. We are going to get creative about what to use around your house to help us out.

These workouts will be posted on our New Website for you to find under the RESOURCES tab but will also be sent out through Remind as well.





### **Mustang Mentality:**

It is said that basketball is 80%-90% Mental and only 10%-20% physical. With all the down time we all now have, it's a great time to work on the mental part of your game! Each week we will be sending out an article to read, a video to watch, or some basketball questions for players to answer. Improving a player's Mental Game will only improve their on-court play by allowing them to analyze their opponent and then make confident decisions with fewer mistakes.

This week's Mustang Mentality is a video clip from Point Guard College about dealing with adversity. Take 5 minutes to watch this video; grab a piece of paper or maybe even your Mustang Mentality Journal and write down 3 takeaways from this video that you can look back on. Then send those takeaways to Coach Berkman using the Remind app or email. He would love to hear what stuck out to each player. The link to the video is below and will also be sent out on Tuesday via Remind.

Film Study #1 (Point Guard College) - <https://pgcbasketball.com/blog/a-championship-approach-to-adversity>

### **Skills & Drills:**

A critical piece to a player's development is their ability to grow their skill set. There are a variety of things every player can do at home to improve their individual skill set that do not require a gym or a hoop. On our new website under the RESOURCES tab there are several videos of examples of these types of drills. Check them out and work on the ones you can.

Don't be afraid to challenge yourself and work on things you struggle with. Let the coaches know when you've mastered a skill you have been struggling with; even if it takes a week or too of working on it. We want to be able to encourage you and know what skills you've been working on!

### **In Case You Missed It**

We had a great 2020-2019 Season! Unfortunately we haven't been able to celebrate that with a banquet, but I thought you should know some of the great things that should be honored. SO, each week I will be including some celebrations from this past season!

#### **District 17-5A Honors**

**Co-Offensive Player of the Year - #12 Rylie Ulbricht**

**2nd Team All-District - #1 Gia Lemon**

**2nd Team All-District - #5 Daijah Torns**

**Honorable Mention All-District - #3 Kendall Ulbricht**

***EARN EVERYTHING***

**Lady Mustangs Basketball**



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