

The Home Court Advantage



Hello Lady Mustang Basketball!

I hope everyone is still doing well and staying safe! This week's Home Court Advantage has a new move, a 5 Day Workout Plan, a new basketball training app to try, and a great article to checkout about body language. I hope you are able to use these resources during all this time to help keep you busy!

“When you are not practicing, someone else is getting better.”

- Allen Iverson

Everyday you have an opportunity to get better in some way. Yes, even though we can't get in to a gym right now you can still work on getting better. Players around the world are finding new and creative ways to continue to hone their skills, physically and mentally, and continue to grow as players. Be one of the players who comes back better than before. Be Creative. Encourage others. Get Better!

New Move Mondays

We are sending out a new basketball move for players to work on mastering each week. The goal would be that each player would be working to improve this move well enough to complete it 10 times in 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:

➡ In & Out, Between the Legs,
Behind the Back

**Video example to be 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.

This week's workout is brought to you by Coach Goertz! Coach Goertz created a 5 day workout plan with plenty of variety. I love **Friday's Workout Bingo!** Find a friend to FaceTime or Zoom with for that.

I am attaching this workout schedule in an email as well as posting it on our website.





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!*** 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 reading an article about how our body language is communicating to our coaches, teammates, and opponents. This article comes from Basketball is Psychology, a website dedicated to strengthening the minds of basketball players and coaches.

<https://www.basketballispsychology.com/post/body-language-screams-communicate-respect>

After reading this week's article, email Coach Berkman your answer to the following:

Do I have good body language? When do I not display good body language? How can I improve my body language? How can I show respect through my body language to my coaches and teammates?

Something New:

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*. I have posted a new ball handling workout PDF on our website for players to work through.

If you have a smart phone, ***check out this New App:***

- **HomeCourt** is a free app that has pre-written workouts for skills and agility, video examples, challenges, as well as a fun target touch sections for points (you can challenge your teammates with this for high score). They have partnered with the NBA to unlock all their features of the app through the end of April. *Try it out today!!*

In Case You Missed It

We had a great 2020-2019 Season! I thought you should know some of the great things that should be honored. Each week I will be including some celebrations from this past season!

District 17-5A Honors

Academic All-District

#1 Gia Lemon

#10 Tea Rodriguez

#20 Emma Koziel

#33 Tenley Holley

#2 Lillie Deeds

#11 Keelyn Ritchie

#21 Alyssa Berkman

#35 Lilly Nesrsta

#3 Kendall Ulbricht

#12 Rylie Ulbricht

#25 Ally Boland

#5 Daijah Torns

#15 Ellie Herrington

#30 Avie Nail

**YES! THIS IS THE
ENTIRE VARSITY TEAM!!**

EARN EVERYTHING

Lady Mustangs Basketball



@LadyMustangsBB

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