

The Home Court Advantage



Hello Lady Mustang Basketball!

“There a lot of things in life that you can’t control, but your *mind and body* can be shaped by *your habits.*” - Unknown

Clearly none of us have much control over what is happening in the world right now. We are told we can’t do things the way we are used to them. School is online and at home. Basketball training is on your own at home. Strength and Conditioning is at home without a weight room or track. We don’t even know when we will get back to our normal. However, now is a time for players to really focus in and form habits that will shape their mind and body to be better players.

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.*** This week we have a move to try strictly on the move to cover ground moving down the court.

This Week’s New Move:

➡ *Dibble forward w/ your right hand, reverse dribble back to your left, 1 dribble with your left hand, then between your legs.*

**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.

Coach Goertz created another 5 day workout plan with plenty of variety. I love **Friday’s Workout UNO!** Grab a friend or family member to FaceTime or Zoom with and make it a game.

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

It’s extremely important for athletes to stay in shape as much as possible while we are away from school. Staying active, even for just a short period each day, is really important.

EARN EVERYTHING

Lady Mustangs Basketball



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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.

Being Coachable is a tough thing sometimes. Being asked to do things you don't understand or that you may not want to do is tough. But to be a good player, you have to be coachable. Check out this great article on the Basketball is Psychology website.

<https://www.basketballispsychology.com/post/being-coachable-the-greats-can-take-it>

After reading this article, email Coach Berkman answers to the following questions:

1. Why is being coachable is important?
2. How does being humble fit into being coachable?

Something New:

While the news reports so many tough situations during these unprecedented times, there is still a lot of good things happening. However, sometimes the good things are hard to find. Actor John Krasinski is making it easier than ever to find these good things with his "Some Good News" show on YouTube. Check out his latest episode that features acts of kindness, fun and creative ways essential workers are making their jobs fun, as well as Prom 2020 online! This is sure to make you smile!

<https://www.youtube.com/watch?v=VQLi2GYVULc>

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!

5A ACADEMIC ALL-STATE

#3 Kendall Ulbricht

#11 Keelyn Ritchie

#15 Ellie Herrington

#25 Ally Boland

This is an amazing accomplishment that takes into account these players' entire academic records throughout their high school career, not just this past season! This is the most players Coach Berkman has had on any one team that has accomplished this together. Be sure to congratulate them if you see them!

