

# *The Home Court Advantage*



**Hello Lady Mustang Basketball!**

Wow! It's hard to believe that we are starting our 6th week of school at home! This will surely be an off season to remember. I hope each of you are finding fun and creative ways to keep yourself busy and productive...I know Mrs. Berkman has had me doing all kinds of "Honey-Dos."

---

**"There may be people who have more talent than you, but there's no excuse for anyone to work harder than you do." -Derek Jeter**

I love this quote! One of the greatest athletes of our time is telling us that you don't have to be the most talented to work **your** hardest. If you are giving your best, nobody can take that away from you. Knowing you have worked your hardest and given your best, you know you've been the best teammate and are able to be the most successful. Everyone's *best* may look different than others, but it's still your best and no one can take that away from you.

## **New Move Mondays**

Fundamentals can sometimes seem boring and not worth our time. Being able to engage and master the fundamentals is one of the best tools a player can have.

This week we are taking a break from sending a new move out. The coaching staff is dying to see you going through a ball handling workout. Have someone film you doing several ball handling skills (control dribble, figure 8s, Zig Zag Dribble, etc). Make some of them on the move and some of them stationary.

### **This Week's New Move:**

Show us the fundamentals you are working on. Even the best players in the world work on fundamental skills every day! No One is exempt!!

## **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.

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.

This week, check out our website and choose a workout to complete. There are several great ideas or you can recycle the last 2 weeks and use the great workout plan the Coach Goertz put together.





### **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, we are working on being confident when being trapped with the ball. A lot of teams have been trapping us more and more in the past few seasons. I know that teams will try to make weaker teams panic by trapping them. Teams that are filled with players prepared to handle a trap are more likely to succeed. Check out this great teaching video from Point Guard College (PGC) about tips and tools for being confident when being trapped.

PGC Video Link

<https://youtu.be/kBFc2hoXb7I>

### **Something New:**

This week the coaching staff wants to hear about something new happening with you and/or your family since we have been away from each other. Maybe you've started gardening, or got a new puppy. Maybe you have started to learn how to sew or to cook a new dish. Please tell us about it!!

We love hearing about the things going on in your lives. Normally this is an everyday occurrence, face-to-face at school. Since we are apart, share this via email so we can enjoy it with you!

Can't wait to hear what's going on!!

### **2019-2020 Lady Mustang Basketball Banquet Update**

I know many of you are wondering if we will be able to honor this past season and celebrate the successes of our program.

***The answer is YES!***

We are working on a plan to celebrate our season. At this time we don't have all of the details nailed down. However, be watching for more information coming out soon about a date, time, and how we will celebrate together. The coaching staff wants to be able to make this a fun celebration that remembers and honors our team as well as our seniors who have put in 4 years of hard work!

***EARN EVERYTHING***

**Lady Mustangs Basketball**



**@LadyMustangsBB**

[mfhsladymustangbasketball.weebly.com](http://mfhsladymustangbasketball.weebly.com)