

# The Home Court Advantage



Hello Lady Mustang Basketball!

Can you believe it's been 8 weeks since we last met together? That's too long for me!! I'm really missing getting to see each of you everyday! I can't wait to get together again!

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**“Everyone wants the results but few are willing to put in the work.”**

A lot of players say they want to be better or be their best. However, *too few players actually have the will or the drive* to actually put in the hard work to be better. It's easy to say you want something, but it's an entirely different thing to be committed enough to do what it takes to work hard enough to get what you want.

What goals do you have for yourself in basketball? **What are you willing to do to reach those goals?**

## 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 stepping it up and trying a move with a high level of difficulty: The Cross Jab on the Move. I have attached a link from PGC that teaches this move and breaks it down into a and two drills to work on in order to master this move.

### This Week's New Move:



**Cross Jab on the Move**

### PGC Link

<https://youtu.be/9xKCXQJuCm8>

## 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 Coach Goertz's 2 weeks of workouts.





### **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.

As a coach, I want to have players who are High Character Basketball Players. In order for a team to be their best and their most successful they need players to lead the way for hard work so that everyone on the team is moving in one accord and in one direction. Read this article about 10 Characteristics of High Character Players.

<https://basketballhq.com/high-character-basketball-players>

Do you see yourself as a High Character Player?

If so, are you using that to help lead your team in a direction of success? Or are you hiding your high character and allowing your team to move in separate directions?

### **Something New:**

If you are a player looking to gain an edge, your basketball intelligence or basketball IQ is a great place to gain that edge!

In his book, ***“Stuff Good Players Should Know,”*** Dick Devenzio covers basketball IQ in an easy and conversational way. Dick Devenzio helps good players take their game to another level by giving insights and tips that aren't found in other places. This book covers tons of creative concepts and common sense topics that are needed to be a good player.

You can find this book on Amazon and I would recommend it for *any player looking to gain an advantage over their competition!*

