

The Home Court Advantage



Hello Lady Mustang Basketball!

This will be our last Home Court Advantage for this school year. I hope that these have been helpful and that you have been able to turn this time into a true Home Court Advantage for yourself. Please be on the lookout for what the summer will bring. MFHS is working with the UIL and will announce gym and weight room openings as soon as we can.

“Unsuccessful people make decisions based on their current situations. Successful people make decisions based on where they want to be.”

- Benjamin Hardy

I hope that this summer you consider your goals and you make decisions based on what those goals are. Read books, get in to the gym, do something to challenge yourself. If you want to be better at anything in the future, find a way to learn about it or practice it this summer.

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 going to work on improving a move that we have worked on in practice before; the Hesitation Move.

This Week's New Move:



Creating a Killer Hesi

Here's a great tutorial on taking your hesitation move to another level.

<https://www.youtube.com/watch?v=FCaZ6TtUR4k>

Staying in Shape:

One decision that is all about you is staying in shape.

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.

Don't forget to check out our website and find workouts to complete. Or get creative with what you do; search the internet for a good workout, meet a team mate in the park to do a workout together, go for a run with friends.

Whatever you do, stay active!!





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.

One thing that Lady Mustang Basketball takes great pride in is defense. If you want to know what has helped drive our success in the past several seasons, it has been a commitment to defense. Within our team defense, we have players that are committed to being the best defender they can be. ***Often times our best defenders are not our most gifted athletes but they are our most committed to effort.***

There are a few things that separate a good defender from a *great defender*. Great defenders study their opponents as much as they study themselves and how they approach defense. Check out this great article and video from PGC about becoming a Lock-Down Defender.

https://pgcbasketball.com/blog/lockdown-defense/?utm_campaign=TTGT%20%E2%80%94%20Coaches&utm_source=hs_email&utm_medium=email&utm_content=83674395&hsenc=p2ANqtz-I52o64mRSqpN7_yOsSLYCTVTin59ljwPtY44QVQLa4GO8L7ag7Cc6gllldTGhT7H4nVue2SlvwWfbC4COaLec9R2Jx4Q&hsmi=83674395

Are you committed to being a lock-down defender?

UPCOMING EVENT

As announced last week, we will be sending out an End of Season video that will announce awards and review the successes of the 2019-2020 season. We know that this doesn't replace an in-person banquet, but we are striving to honor our players, thank parents and supporters, and recognize our seniors one last time. Please be on the look out for this by the end of the week.

