

The Home Court Advantage



Hello Lady Mustang Basketball!

“It’s easy to be motivated when everything is going well. The goal is to stay disciplined when things get tough.” -Unknown

So many times players are able to feel motivated to work hard and be enthusiastic, but as soon as something doesn’t go the way they wanted it to all that enthusiasm disappears. Superior players have the discipline it takes to stay focused on the task at hand. Right now, during this Coronavirus quarantine, players have a choice. They can either be disciplined enough to find a way to stay in shape and maintain/hone their skill sets or the choice to become discouraged by being stuck at home and get out of shape and/or start to notice a decline in skills. I would encourage each of you to step up to the challenge to overcome adversity with discipline. Let’s keep our eyes forward on the goals we have for the future!

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’s New Move:



Double Cross Over, Between the Legs,
Behind the back

** First try the move in a stationary place. Then try to make the move while moving forward as if trying to get by a defender.

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 look at playing time. Yes, every player's biggest concern. Every player wants to be on the court more during the game. Their competitive nature wants to be out there competition and giving all they can to help the team win. Check out this short article from Coach Marke of PGC about getting more playing time.

<https://pgcbasketball.com/blog/two-simple-habits-to-earn-more-playing-time/>

What is keeping you from doing these simple things?

Are you letting something *you have no control over* affect your ability to do these things?

Marble Falls High School locker room clean out and uniform/equipment drop-off

GIRLS

Monday, May 4th
4-7pm



BOYS

Tuesday, May 5th
4-7pm

if you are unable to attend - please contact your coach

EARN EVERYTHING

Lady Mustangs Basketball



@LadyMustangsBB

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