



BEHREND BASKETBALL CAMP



ATTITUDE

Attitude, as most coaches say, is probably the most important aspect of the game. What is your attitude? All of us have a good attitude when things are going well, when we are the stars of our teams and winning big games. But attitude when your team is losing, when the referees are cheating, when your coach is screaming at you for something that isn't your fault?

A good attitude is something you have to decide consciously to have. In bed at night you have to be able to close your eyes and see yourself as the player you want to be under all circumstances. A good attitude is being calm under pressure; it is encouraging teammates even when the coach in practice is being particularly negative; it is requiring of yourself your peak performance at all times-which means actually touching the line (not almost touching it) when your coach says to run to midcourt and back. A good attitude is seeing ourselves in advance, with your eyes closed, performing to your utmost under all sort of adverse circumstances, and actually doing that when those circumstances arise.

Can you picture yourself in practice being screamed at by your coach for something that you know was not your fault, and simply accepting it, thinking over the point he is trying to get across and merely reaffirming to yourself that you will never make that mistake? Can you accept his screaming as a reminder instead of getting angry and losing your concentration? Not many players can do that. Not even a lot of good ones. But it IS possible. The players who can be special. They are a joy to coach, they are great to have as teammates, and they help create winning teams.

A good attitude is very simple. It is doing your best at all times, keeping your concentration on your job, on the things you have to do to play well. It is easy to write down, but a lot more difficult to do.

Can you make yourself hustle when you're out of breath and your legs are lead weights? Can you keep encouraging your teammates even though you think some of them are ball hogs or lazy? Can you accept your coach's criticism and listen to what he is saying even when you feel sure he is wrong? Can you listen and think maybe, just maybe, YOU could be wrong? Can you give your best under all circumstances-or are these dozens of things that cause you to lose your temper or hustle or concentration? What is YOUR vision of the ideal player and the ideal attitude? What is your vision of YOU? Close your eyes.....