

It's How You Play the Game: MENTAL DISCIPLINE

- 1. Communicate with teammates vs. talk at opponent**
- 2. Taking the Charge vs. backing away from the contact**
- 3. Calling assignments out vs. missing a key mental assignment**
- 4. Taking the Charge or blocking a shot to help a teammate vs. wild leaping past a shooter to give up an open three or goal tending a shot**
- 5. Smart foul vs. dumb foul**
- 6. Intense position pressure defense vs. wild lunging defense**
- 7. Poised probing offense vs. anxious offense**
- 8. Grabbing the ball with two hands and going up strong to score vs. tipping**
- 9. Inside game vs. quick perimeter shots**
- 10. Make lay-ups (all the time) vs. miss lay-ups**
- 11. Positive approach; always looking for a way to win vs. Negative approach**
- 12. Great effort each possession vs. great play syndrome**

**Don't allow weak people to bring out the weakness in you.
Intensity and technique lead to hustle plays.
Play against the game.**

Team Attitude: Philippians 2:1-5

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is important than facts. It is more important than the past, than education, than money, than success, than what other people think or say or do. It is more than appearance, giftedness or skill. It will make or break a company... a church ... a home ... or a team. The remarkable thing is we have a choice every day regarding the attitude that we will embrace for that day. We cannot change our past ... we cannot change the fact that people will act a certain way. We cannot change the inevitable. The only thing we can do is play on the thing we have, and that is our attitude ... I am absolutely convinced that life is 10% what happens to me and 90% how I react to it. And, so it is with you ... We are in charge of our ATTITUDES."