

WINNING HABITS

This guide helps athletes reflect on their season, identify areas for growth, and understand the habits and training standards that lead to improvement and success.

Season Reflection

- Identify the highs and lows of your season.
- Recognize what you improved most.
- Be honest about areas that need development.

Be a Great Teammate

- Support teammates on and off the court.
- Communicate positively.
- Celebrate others' success and remain coachable.

Player Development

Focus on improving:

- Skill development (shooting, ball handling, defense)
- Basketball IQ
- Conditioning and strength
- Consistency and effort

Winning Habits

Great players build habits that help them improve every day.

Ask yourself:

- What daily habits will make me a better player?
- Am I consistent with workouts, shooting, and conditioning?
- Do my habits reflect the role I want to earn on next year's team?

Improvement comes from disciplined habits practiced over time.

Training Habits

Consistent training separates good players from great players.

Examples of strong training habits:

- Regular skill workouts (shooting, ball handling, finishing)
- Strength and conditioning sessions

- Decision-making drills and small-sided games
- Repetition without repetition to build adaptable skills
- Attending open gyms and team workouts
- Recovery habits such as sleep, hydration, and nutrition

AAU / Travel Ball

Playing AAU or travel basketball can help athletes:

- Gain additional game experience
- Compete against different competition
- Continue development in the offseason

Balancing Responsibilities

Athletes must balance basketball with:

- School
- Family responsibilities
- Work or other activities
- Personal health and recovery