MAYVILLE STATE WOMEN'S BASKETBALL

THINGS I WISH I WOULD HAVE KNOWN EARLIER AS A PLAYER……

- WHAT IT FEELS LIKE TO BE A SENIOR (THE SACRIFICE FOR THE TEAM)
- HOW MUCH TIME THE COACHING STAFF PUTS IN TRYING TO PREPARE THE TEAM FOR LIFE, PRACTICES AND GAMES
- HOW MUCH TIME THE COACHING STAFF SPENDS THINKING ABOUT WHAT IS BEST FOR THE TEAM
- YOUR TEAM IS ONLY AS GOOD AS THE LAST PLAYER TO BUY IN (WEAKEST LINK) – YOU HAVE A "TRUE" TEAM ONLY WHEN EVERY LAST PLAYER HAS BOUGHT IN
- WHEN YOU WIN WITH A "TEAM", THE VICTORY TASTES MUCH SWEETER
- TEAM CHEMISTRY IS THE MOST IMPORTANT THING IN THE GAME OF BASKETBALL – WITHOUT IT CHAMPIONSHIPS ARE HARD TO COME BY
- THAT THE "TEAM" IS NOT THE COACHES' TEAM, IT'S YOUR (PLAYERS) TEAM
- THAT IT CAN TAKE AN ENTIRE SEASON TO BUILD A "TEAM" AND ONE INCIDENT TO DESTROY THE CHEMISTRY THAT WAS BUILT
- HOW YOU PLAY IN PRACTICE ULTIMATELY AFFECTS YOUR PERFORMANCE IN THE GAME
- IF YOU WANT TO BE THE BEST PLAYER, YOU HAVE TO BE THE HARDEST WORKER
- IT DOESN'T MATTER HOW GOOD YOU ARE IF YOU ARE NOT MENTALLY TOUGH
- THAT YOU WIN GAMES BY PREPARING PROPERLY IN PRACTICE AND NOT JUST LACING UP THE SNEAKERS ON GAME NIGHT
- IT'S HARD AS A COACH TO SIT A PLAYER WHO MAKES HUSTLE PLAYS CONSISTENTLY AND WORKS HARD IN PRACTICE
- THE IMPORTANCE OF BALL PRESSURE AND JUMPING TO THE BALL AND HOW TO PLAY IT PROPERLY
- COMMUNICATION IS A MUST TO BE SUCCESSFUL ON AND OFF THE COURT
- I HAVE A BETTER CHANCE TO PLAY IF I AM A GREAT DEFENDER VS. A GOOD SHOOTER
- THE SOONER I REALIZE THAT EVERYTHING STARTS WITH DEFENSE THE BETTER I WILL BE ABLE TO PREPARE MYSELF FOR THE PRACTICES AND GAMES
- THE KEY TO BECOMING A GREAT REBOUNDER IS PUTTING FORTH THE EFFORT TO GO TO THE GLASS AND ABILITY HAS LITTLE TO DO WITH IT (REBOUND SEQUENCE)
- A GOOD TEAM DEFENSE IS BUILT WITH THE FOUNDATION OF TRUST
- HOW MUCH YOU HAVE TO PREPARE MENTALLY FOR THE SECOND NIGHT OF PLAY IN CONFERENCE FRIDAY / SATURDAY GAMES – AFTER LOSES, MORE SO WINS
- IT'S NOT WHO STARTS THE GAME, IT'S WHO FINISHES THE GAME – BE A FINISHER
- YOU HAVE TO HAVE A GREAT SECOND HALF WARM-UP PHYSICALLY TO GET YOURSELF READY MENTALLY (PERCEIVED ABILITY THAT WE ARE READY TO GO)
- THAT YOU CAN CONTROL TWO THINGS IN LIFE: 1. ATTITUDE 2. EFFORT – AND MORE OFTEN THAN NOT, POSITIVE WORDS AND ACTIONS CREATE POSITIVE REACTIONS