



Become A Mental Warrior

Provided from Basketball-Drills-and-Plays

It doesn't matter how pure your jumper is or how high you can jump, if you're not mentally sharp, you'll never develop into an Elite Basketball Player.

You see, talent alone isn't going to get you to the top. You need to be focused and in the right frame of mind come game time.

All too often, players come to us and complain about their inability to come through during game situations. They perform really well in practice and on the playgrounds with their friends, but for some reason they can't transfer those abilities on the court.

This is a tell-tale sign of mental weakness. There is nothing stopping these players from excelling except themselves. These players need to focus on strengthening their mental toughness. "How can this be done?" you might ask...

Well to help show us proven ways to strengthen mental toughness, let's take a quick look at some of the Keys, TIPS and pointers presented in Part 3 of the Elite Basketball Improvement System: "Become A Mental Warrior"

Key #1: Visualize yourself making plays.

Visualize yourself on the basketball court flawlessly executing moves with ease.

TIP: Either in the locker room or during the bus ride before the game sit with yourself and visualize the game unfolding.

TIP: Imagine grabbing every rebound, hitting every open shot, finding the open man, and playing solid man-to-man defense. Simply picture yourself making all the right plays and decisions.

Key #2: Imagine yourself overcoming difficult and pressure filled situations.

Picture yourself with the ball with the game on the line and everyone counting on you.

TIP: Make your visualizations as real as possible. Include things like crowd noise, shoes squeaking, and most importantly you coming through in the clutch.

TIP: Visualize yourself being cool, calm, and collective.

Key #3: React. Don't think.

If you have to think about taking a shot, or making a pass, it's probably too late.

TIP: Through visualization and physical practice, you should instantly realize if you should take the shot or if a teammate is open for a pass.

TIP: During your visualization sessions, focus on getting into the right frame of mind.

TIP: Concentrate on your mental state as you visualize yourself successfully performing various moves and plays on the basketball court.

TIP: Your goal should be to hold on to this mental state and keep it with you during the course of the game. This will allow you to function at an enlightened level making it easier to bring your visualizations to life.

Simply by implementing these three core principles, you'll see instant improvements in your overall performance. You see, most of the time, players are too anxious and have a million things going on in their head.

The 3 Keys above work together to enhance the player's ability to focus and relax. And once a player is able to properly focus and relax, the game comes smoothly and naturally. The player ends up becoming more productive, and is able to fully utilize their talents and abilities.

Implement 20+ Essential Keys, and 50+ Proven Tips to strengthen your mental game; covering all aspects in depth and in detail in Part 3 of the Elite Basketball Improvement System:

<http://clicks.aweber.com/z/ct/?gZoGeBQttOhnY6ckJQyxLw>

Check out the url above to develop rock-hard mental toughness!

Wishing You All The Best,

Basketball-Drills-and-Plays