

DEVELOPING LIFE SKILLS



Awareness of behaviors to praise or correct within the GlenOak Basketball Program

Above any drill or play or concept, as coaches, we need to instill discipline in our players. Start with these 3 ideas - they can be hard but very valuable lessons to learn at a young age:

- 1. Make players make eye contact while you talk to them in a group setting - no wandering eyes**
- 2. Make players assume a listening posture while you talk to them in a group setting**
- 3. Make players be on time**

By demanding these 3 things practice/game you are doing our program a great service for years to come.

ATTITUDE

Praise...

- Enthusiastic participation
- Providing positive energy to a practice/game
- Any extraordinary examples of hustle
- Asking for help from teammates or coaches

Correct...

- Moping and disengagement from peers
- Uncontrolled mistake response
- Rude comments after a mistake

LEADERSHIP

Praise...

- Helping teammates/coaches when needed
- Supporting teammates through mistakes
- Helping clean up the gym/locker room

Correct...

- Yelling at teammates

RESPECT

Praise...

- Shaking hands & saying "good game" to opponents
- Having good manners
- Being honest about the score or calls

Correct...

- Arguing with coaches, teammates, officials
- Taunting opponent or showboating
- Inappropriate language
- Mumbling under breathe
- Talking behind teammates back
- Lack of manners
- Lying or cheating

COMMUNICATION

Praise...

- Eye contact
- Acknowledgment of listening
- Reminders to teammates

Correct...

- Lack of eye contact
- Not paying attention
- Distracting others

CONFIDENCE

Praise...

- Encouragement and compliments to others

Correct...

- Negative self talk
- Making fun of teammates

RESPONSIBILITY

Praise...

- Being on time
- Helping manage equipment

Correct...

- Being late
- Unexcused practices missed
- Forgetting equipment

TEAMWORK

Praise...

- We over me
- Taking responsibility as a group
- Making the "extra" pass

Correct...

- Selfishness
- Blaming others
- Improper connection to team vs individual results

LIFESTYLE HABITS

Praise...

- Well-balanced diet
- Hydration, sleep, academics, family time