



AN ATHLETES PLAN OF ACTION FOR COVID-19

- 1.) **PLAN OUT YOUR DAY/WEEK** – Prioritize tasks you want to accomplish – Write it down in a Calendar/Planner and make it visible so you can see it and review it throughout the day. This plan is just to give you guidance. Try to stick with what is written but also understand that things happen within our days that are out of our control. If this happens, make the changes in the planner and adjust for the next day.
- 2.) **BLOCK OUT 1-2 HOURS OF PRACTICE TIME EVERY DAY** (Recommendation: KEEP YOUR TYPICAL PRACTICE TIME)
 - a. Commit to this time to get better in your sport everyday
 - b. Make your practice intentional – it must have purpose and be planned
- 3.) **SEE IT**
 - a. Watch videos, read books, watch 30 for 30 on ESPN, google/youtube drills and skills
 - b. What skill do you want to get better at? (footwork, dribbling, making left-handed layups, etc.) Type it in the Google search – BAM! You will have a million different drills to choose from.
 - c. Search social media: #basketballskills, #basketballdrills, #basketballdrillsforkids, #basketballskillstraining and see what others are doing.
 - i. Not a basketball player, GREAT....replace “basketball” with your sport/activity, search it and go to work.
- 4.) **IMAGINE IT**
 - a. VISUALIZATION/MENTAL REHEARSAL/IMAGERY – 10-20 minutes – eyes closed in a quiet location.
 - i. Be consistent – practice this daily (Stick with it even if it feels uncomfortable. It will get better!!)
 - ii. Visualize the outcome you want to see in your mind.
 1. Example: see yourself doing a drill well, making all your shots, doing a ball handling drill well, playing a game in your head and having your best game.
 2. Tell yourself “I CAN, I AM CAPABLE, I AM SKILLFUL, I BELIEVE I CAN!”
 - b. MEDITATION – Find a quiet place in your home, a place where you can be relaxed, comfortable and undisturbed.
 - i. Create a powerful Mantra that you can speak to yourself over and over again that will build your confidence and prepare you for your day ahead. (A Mantra is a word, statement or slogan repeated over and over again to aid in concentration.)
 1. Example “I am strong, confident and capable. I can accomplish anything I commit to and work relentlessly at. Everything I need is within me already. I AM ENOUGH!”
 2. Repeat the mantra over and over again in your head for 5-10 min.
- 5.) **DO IT – ACTION!!**

“VISION WITHOUT ACTION IS MERELY A DREAM. ACTION WITHOUT VISION JUST PASSES THE TIME. VISION WITH ACTION CAN CHANGE THE WORLD.” – NELSON MANDELA

It’s time to go to work. Spend 45 minutes working on improving your game with **DELIBERATE PRACTICE!** Deliberate practice means a special type of **practice** that is purposeful and systematic. While regular **practice** might include mindless repetitions, (example: going out and shooting around thoughtlessly), **deliberate practice** requires focused attention and is conducted with the specific goal of improving performance. Meaning, working on a specific shooting drill with a number of repetitions in mind, the amount of makes you want to make, and the skill you want to work on, at GAME SPEED, etc.

6.) **ACCOUNTABILITY TEAMMATE**

- a. Connect with one or two of your teammates that you can talk to daily that will hold you accountable to complete your workout.
 - i. Use this accountability teammate to maybe compete against. Example: watch a shooting drill on YouTube. Each of you complete the shooting drill at your homes. Check in with each other and share your scores.