

MENTAL TRAINING

Mental Training Resources

Books

- Burn your goals - Joshua Medcalf
- Chop Wood Carry Water- Joshua Medcalf
- It Takes What It Takes (See reading guide on page 6) - Trevor Moawad
- The Inner Game of Tennis – W Timothy Gallwey
- The Energy Bus – Jon Gordon
- The Positive Dog – Jon Gordon
- One Word – Jon Gordon
- Win In The Dark - Joshua Medcalf and Lucas Judin

Websites

- Focus3.com (Tim Kight)
- Daily Discipline.com (Brian Kight)
- My Positive University Podcast – Jon Gordon
<https://positiveuniversity.com>

Social Media Accounts To Follow

- Tim Kight- Founder of Focus 3
 - Twitter - @timothykight
 - Instagram - @timothykight
- Brian Kight- Founder of Dailydiscipline.com
 - Twitter - @tbriankight
 - Instagram - @tbriankight
- Focus 3
 - Twitter - @Focus3_Team
 - Instagram - @focus3team
- Jon Gordon
 - Twitter - @JonGordon11
- Joshua Medcalf
 - Twitter - @JoshuaMedcalf
 - Instagram - @realjoshuamedcalf

Mental Conditioning Exercises

The percentage of time spent on this often does not match the importance of it!

- **Setting and Re-setting our Minds (Default vs. Discipline)**

Default = Mindless Decisions and Actions

Discipline = Setting Your Mind and Focusing on Making Decisions and Actions

- **Ways We Set Our Minds**

- **Visualization 4 Min to start each day**

- Video examples of doing the things we want to see more
 - Writing out how the day will go
 - Writing the word you want to bring to the room (i.e. Joy, Communication, Leadership)

- **Commitments and emphasis**

- Buddy Groups – Team is split into buddy groups to help keep each other accountable and to catch each other doing things right, and calling each other Up.

- **Sound Files** – Files created by our Sports Psychologist to remind players of the positive and affirming things they need to focus on

- **Circle at the end of practice What Went Wells**

- More catching each other doing things right
 - Players call up teammates that did things well in practice (Not about shot making, etc. More

about good mental decisions, reactions, leadership, etc.)

- **WWW's – What Went Well Journals**

- At the top of each page the players must write: “Everything that happens to me today is in my best interest, and is an opportunity to learn and grow”
- Players write 10-12 things that went well for them that day (Not about shot making, etc. More about good mental decisions, reactions, leadership, etc.)

- **Focus vs Refocus**

It is impossible to stay focused 100% of the time, So we emphasis Re-Focusing quickly when focus is lost

- **Refocus routines**

- Having action words or mantras like “stance & talk” to help refocus the mind on what is needed at the time

- **E (Event) + R (Response) = O (Outcome)**

- If you want a better outcome, change the way you respond to an event. We want a mentally tough team and we are also helping them create a stronger R than any E they will ever face.
- Talk to yourself (Telling yourself the positive and truthful things that are happening) instead of Listening to yourself (Listening to the negative

and discouraging thoughts that happen during tough situations)

- This helps them in life not just basketball
- **Neutral Thinking** – Neutral Thinking means accepting that when something good or bad happens, it happens. Instead of getting caught up in the negativity, you accept it for what it is and move on.
- **Power of Language**
 - Just eliminate the stupid stuff.
 - Negative vs. Positive and then positive out loud.
- **Embracing the Edge and making UNCOMMON Choices**

The Edge- The edge marks the place where you make the decision and the choice that the average person won't do. It is also where talent runs out and mentality takes over.

 - We can't give confidence: Help players earn it by conquering hard things.
 - Create edge moments in every practice. Respond opportunities
 - Pressure resides most in feeling out of control. Layer experiences to control their preparation and opportunities.
 - When players know they have done all they can do and given all they can give, they can be at peace with the outcome win or lose.
 - Failure is Feedback – Use it to get better
 - Does your focus and plan reflect the importance of mentality?
 - Embrace the edge...work on the R- Factor ($E + R = O$).

- Practical Things We Try To Do As a Staff
 - Being intentional about music and play lists (What are you feeding your mind)
 - Show them what it looks like to do it right (Video clips)
 - Neutral affirmations every day
 - Focusing on body language and privilege of the EDGE
 - Creating Joy and Struggle every day (Practice can be fun as well as challenging)

It Takes What It Takes Team Reading Guide

Week 1:

Read: Chapter 1

Listen to: <https://www.instagram.com/p/B0el-rtnxWz/?igshid=15eq4ld9n34mp>

Discuss: Team and Coaches Zoom

- How does Trevor define "Neutral Thinking?"
- How does Trevor define the past?
- What is the Illusion of Choice?
- Russell leaned on truth based thinking that evaluates reality in real time. What are the 3 States he talks about? How did our team do with these states.
- Neutral thinking says that in the moment I shouldn't ask myself _____? I should ask _____? (referencing staying in the moment).
- “Today's behavior influences”?

Week 2:

Read: Chapter 2 & 3

Listen to: https://www.instagram.com/p/B-uO3_GANsp/?igshid=e8lm72sxp909

<https://youtu.be/R0CAAlMo3f8>

Discuss: With Coach

- When you plan what must you identify first? And then chart out what? Try to do that now.
- Write Down 3 “Core Fundamentals” that could help you during the next 2 months during quarantine? (ex: Russell's 3 things) Discuss with coach.
- Trevor says in the book that...Your own words influence you ___times more than anyone else's.
- Write down some of the things you say to yourself. Take a look at them. How may your talk be influencing you? Discuss with coach.
- Write down what must do to reach your goal? Write down what some barriers to success could be? Discuss with coach.
- ILLUSION OF CHOICE. What is the illusion? Why is it hard?
- “Our Choices determine our ____ which determines our ____?” What choices will you make to have NOW to influence your tomorrow?
- “Our challenge every day is to.....” How challenging is this for you? Do you need an accountability partner? Ask someone today.

Good Quotes:

“Making bad choices is the lifeblood to average.”

“But choices, even small choices, are the decisions that matter.”

“There's a significant difference between wanting a great off-season and committing to one.”

“Want is a precursor to motivation. But want is an idea. Commitment is execution.”

“The first step to getting out of a hole is to stop digging.”

Week 3:

Read: Chapter 4 & 5 -*Natalie Chou record for the team!*

Listen to: <https://www.instagram.com/p/By8L6iOA4tZ/?igshid=160np621bdhb0>
<https://www.instagram.com/p/B6V3Kp2gPJB/?igshid=1dhvd9950051y>

Discuss: As a team (No coaches)

1. Begin by watching both videos!
2. Read the 3rd paragraph on page 88 in the book. Discuss the compound effects of verbalizing your negative thoughts. Discuss how it affected us as a team last year. Then discuss how we will individually pivot this year. **Nat-write it down for everyone.**
3. You have the power to decide what negative influences come into your home. Discuss one thing that you minimize or give up that could help minimize the flow of the forces of negativity that impact the way you feel. Which impacts our team. **Nat-write it down for everyone.**
4. Average is a choice. Greatness is a choice. Great teams behave like great teams. Their behaviors PRECED their success. Behaviors are not only what we do, but what we are willing not to do. Discuss what this means for us. **Nat-write it down points.**

Good Quotes:

- Negativity affects you negatively 100% of the time.
- Your mind absorbs negativity seven times more easily than positivity.
- Behaviors are not only what we do, but what we are willing not to do.
- What we say has power. And those words have an instant link to what we do.
- Attitude is a habit of thinking. It is formed in the same way we learn to be good or bad at anything-through repetition.
- Don't Choose the things that will weaponize against ourselves.

Week 4:

Read: Chapter 6 & 7 (Review)

Listen to: <https://www.instagram.com/p/By39g9xA8Yi/?igshid=15apvxsnvmwpq>
<https://www.instagram.com/p/CA0uTTHg4mx/?igshid=14t9c3pscizwc>
<https://www.instagram.com/p/CBTT7rqqgM1/?igshid=p4qk00k91skx>

Discuss: Team and Coaches (breakout groups)

1. Mission: What 3 behaviors will help you get you to where you want to be? They are clear, steers behavior and focuses choice. Write them in the first person. Be prepared to share. (pg. 134)
2. Words are tools, and they both predict and perpetuate performance. Words create your internal environment or internal culture. What is your internal culture like? Why? How does your internal culture impact our team culture?
3. "Possibility thinking" or "Neutral Imagery" is believing in an outcome in advance of evidence because you have visualized that outcome. Is there a time this has helped you in the past(goods video)? How can this help you during this time and the future?
4. Michael Johnson wrote down "neutral words" they helped him visualize what he wanted. They can be actions, behaviors and feelings. Write down a couple "neutral words" for yourself. Be prepared to share.

Good Quotes:

- No one will be able to influence you me like I will be able to influence me.*
- Words become self-fulfilling prophecies.*
- We have an inner conversation that runs constantly. That dialogue going on inside your mind creates the ads. It creates your brand.*
- Are you prepared? Can you execute? Either you are and you can, or you aren't and you can't.*
- Seeing nothing doesn't get you anywhere, anytime, in any environment, any place*

Week 5:

Read: Chapters 8

Listen to: <https://www.instagram.com/tv/B-IKy0pg5Qi/?igshid=veb2t6b9087a>

Discuss: With Coach

Questions-What did you learn/what jumped out to you in this chapter? How do you need to grow in self-awareness?

Week 6:

Read: Chapters 1-8

Discuss: With Team and Trevor

Question and Answer with Trevor Moawad

Week 7:

Read: Chapters 9

Listen to: <https://www.instagram.com/tv/CAouMgiAler/?igshid=yr0geg4mipsw>

Discuss: Buddies

Questions-

1. Trevor says..Pressure is a **privilege** because on the other side of it are truly incredible feelings and the acquisition of something of value. **Identify the pressures you have or what it is you want of value? Discuss with your buddy.**
2. Pressure is best navigated on two levels: (talk through and brain storm with your buddy on these two questions. Let your buddy help you self evaluate)
 - a. **Who am I now?**
 - i. What have I done to prepare myself to deal with the pressure I face?
 - ii. Neutral Statements identifying strengths and weaknesses.
 - b. **Who will I be?**
 - i. Create your goal and make a plan to be ready for when pressure comes.
 - ii. Make a plan. Design behaviors.

Good Quotes:

"Your habits have no place to hide."

"Greatness is available to anyone- including your opponents-and the pressure is on you to snatch it first."

"Pressure isn't a burden. It isn't something to be avoided or minimized. Pressure is a privilege."

"Those who perform under the greatest pressure capture the greatest victories. Run toward pressure instead of away from it."

"Want is a precursor to any success we have in our lives. It's the starting point. It's inflection point is pressure."

Week 8:

Read: Chapters 10

Listen to: <https://youtu.be/5SwoEhcb5jk>

Discuss: Coach

Questions-

1. Discuss 4 levels of Competence. Where do you think you fall and why?
2. Take an unbiased analysis of your successes and failures. What behaviors worked and which ones didn't?
3. What are your leadership strengths? What is your area of growth?

Week 9:

Read: Chapters 11

Listen to:

Discuss: Write a letter-who is your role model and why. Send it to them!

Questions

Week 10:

Read: Chapters 12

Listen to:

Discuss: Team

Questions-Team discussion on how reading ITWIT has impacted them the most. Give examples of how you see it being displayed in your life.

Mental Training Videos

Neutral Thinking Videos

Embrace the Pressure: <https://ucla.box.com/s/sd5okh5srggif4u0291np5dt8vsowag6>
Lebron on Mental Fitness: <https://ucla.box.com/s/yemvnp8xeftccno1tzflsxksc6ela3bq>
Naomi Osaka Neutral Thinking: <https://ucla.box.com/s/j195fpufguyv83sfhuj4hkpvwhipxnen>
Trevor Mowad- Be Limitless: <https://ucla.box.com/s/buo3d0tac931scxkqw7sld41oido9l9p>
Secret to mental toughness Pt. 1: <https://ucla.box.com/s/i69sxxugshs5m8o0vlc7rjx09g0sdztd>
Secret to mental toughness Pt 2: <https://ucla.box.com/s/721stzd934y1j03iu7hpszx76l4jinca>
Kobe Mental Toughness: <https://ucla.box.com/s/ch0vn5j9b7uvs9hdm6lhx43fadn8h4rj>
Russell Wilson- Stayin Neutral: <https://ucla.box.com/s/xubf8egbeaiyilqxzrdctb5yv0k7qkz0>

Focus 3 Videos

<https://ucla.box.com/s/0b1lw4sse5doqwzws3xhq9anidvdz9d>
<https://ucla.box.com/s/r7cvusgivmc8hud5txbmuybcnan8l5py>
<https://ucla.box.com/s/nr0r5felqimh93fw58j2azy1a9ef9cgk>
<https://ucla.box.com/s/tvk7cwirhwf35rc9cx5e1zkn9q6m7qyz>
<https://ucla.box.com/s/j4dyhu41x3jiqsriojdokytwbhctbym2>
<https://ucla.box.com/s/6hvpq1r0ym6jq4p5mhtpdbhf3e5ridy0>

Joshua Medcalf

<https://ucla.box.com/s/3nezvf7ew5ten3zv8wiogkzd163377a>
<https://ucla.box.com/s/4nmoqdpmk7pzk5u0xo9uv954r4uceqs9>

Mental Training for going over Scouting Report

Make sure everyone gets a partner and spreads out so groups aren't on top of each other when they are talking.

Have them watch scout clips together. (Best to have clips setup already on iPad for them)

- either personnel or zone

Have them each close their eyes and visualize how they will best defend their player if in man, and the team if in zone. (1-2 minutes)

Have partner 1 visualize how they will defend while telling partner 2 what is happening and what they are doing to defend it in present sense. (1-2 minutes)

Switch.

Have partner 2 visualize how they will defend while telling partner 1 what is happening and what they are doing to defend it in present sense. (1-2 minutes)

Depending on time, have them watch more clips and then repeat the steps.

Hot Button Exercise

Paint a scene for the person or the team in which there is a scenario that tends to derail them.

For example: We are playing against Stanford and we are up 15 points. Then you forget to fake a pass to make a pass and your pass gets picked off and they get a pick 6. Next play down you are called for traveling. Now we are on defense and you see their player put their head down to go to the basket, you slide your feet to take a charge, but the ref calls a block.

GO!

Now they are responsible to talk through with their partner what they are doing. They need to address: Their Focus, Body Language, Self Talk, and Communication with teammates. For example: "I jump up and smile, I say to myself, "The ref has a tough job." I have my shoulders back with powerful body language I run over to get my teammates to huddle and tell them how we need to talk more and crash harder.

Continue to paint scenes for them that you think will challenge them and that are giving them trouble during games.

Repeat as many times as you have time for.

Highlight Reel (8-15 minutes)

Have them watch their highlight reel while listening to their affirmations or another custom mp3 that is putting good fuel into their heart.



Focus³

Mental Training

Elite

Being the best version
of yourself

TALENT IS A GIFT, ELITE IS A CHOICE.

DISCIPLINE > **Default**

YOUR HABITS ARE PERFECTLY DESIGNED
TO GET THE RESULTS YOU'RE GETTING

The *R* Factor
E+R=O
EVENT + RESPONSE = OUTCOME

The Edge

When your talent runs out
and you have to build skill

LEADERSHIP
Going on a journey and bringing others with you

DMGB

DOESN'T MATTER,
GET BETTER

BLAME
COMPLAIN
DEFEND



Ucla
BASKETBALL



SCAN TO
WATCH

My value comes from who I am, not what I do. Everything that happens to me today is in my best interest and is an opportunity to learn and grow.

1.

6.

2.

7.

3.

8.

4.

9.

5.

10.

My value comes from who I am not what I do
Everything that happens to me today is in my
best interest and an opportunity to learn - grow

1. Was top 3 in sprints
2. Called lane or rim
3. Held good, deep seals
4. Loud productive
5. maintained good, consistent energy
6. implemented feedback
7. Active hands w/ deflections
8. Poise on post catches
9. Good talk w/ Ally
10. Pushed ballhandler baseline



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BASKETBALL