

More Playing Time

Playing time; it's what every player wants. Here are several ways to persuade your coach to play more.

A coach plays one player over another because he is convinced this player is the best choice. Everyone else may disagree, but the coach makes the decisions. Becoming frustrated or upset will not motivate your coach to change. The key is how the coach sees you. Does he see you with the ability to impact the game for good?

Ways to help your coach begin to see and believe in you

1. Take care of the ball. Nothing causes a coach to lose confidence like messy turnovers.
2. Handle the ball under pressure. Be able to break a press, get through a double team, and get the ball to key spots.
3. Defend. Don't let the player you are guarding score. Don't let players penetrate the middle. Challenge every shot.
4. Hit the open man.
5. Work hard in practice and have a great attitude.
6. Rebound. Get in there and box out hard every time.
7. Become a better shooter. Know where your spots are on the floor. Nobody shoots well from everywhere on the court. Know your range.
8. Hustle. Dive after loose balls, take a charge, encourage your teammates, be a fierce competitor, be mentally tough.

What to do when your coach does not believe in you

1. When you notice you are not playing as much as you'd like, avoid criticizing the coach and talking negatively about the coach at all cost. Bitterness and negativity only destroy your ability to perform. You will be overly worried about any mistakes and you become bitter toward others on your team who are playing. Bitterness is a poison that only hurts you.
2. Schedule a meeting with your coach, without your parents, and politely ask where your coach sees you on the team. How might you move from being a bench player to playing a more significant role? What is your future? Does the coach see you as having a meaningful future on the team? What do you need to do to become a legitimate contributor for the team on the court?

J. C. Booth Middle School
Warriors Basketball

3. If the coach tells you to improve in certain areas of your game, show him you are serious. Are you willing to invest the time and effort it takes to make a meaningful change?
4. If the coach tells you he will not play you a significant amount of time now or in the future, you may want to reconsider what options you have. Playing in the 8th grade is an indicator of your success at the high school level. You may want to consider another program that might be more open than your basketball future.
5. Get unbiased opinions. Find a solid coach, who is not connected to you emotionally, to evaluate you, and give you another opinion as to what you need to improve in order to see more playing time.
6. Don't give up on your dreams. If you love basketball, keep working hard.

Failure List

When you feel a little discouraged, just remember what these people accomplished when everyone else looked at them as failures. Believe in Yourself!

- **Einstein** was 4 years old before he could speak.
- **Isaac Newton** did poorly in grade school and was considered "unpromising."
- When **Thomas Edison** was a youngster, his teacher told him he was too stupid to learn anything. He was counseled to go into a field where he might succeed by virtue of his pleasant personality.
- **F.W. Woolworth** got a job in a dry goods store when he was 21, but his boss would not permit him to wait on customers because he "didn't have enough sense to close a sale."
- **Michael Jordan** was cut from his high school basketball team.
- **Bob Cousy & Bill Russell**, legendary Boston Celtic basketball players, suffered the same fate, but they, too, are in the NBA Hall of Fame.
- A newspaper editor fired **Walt Disney** because he "lacked imagination and had no original ideas."
- **Winston Churchill** failed 6th grade and had to repeat it because he did not complete the tests that were required for promotion.
- **Babe Ruth** struck out 1,300 times, a major league record.

A person may make mistakes, but is not a failure until he starts blaming someone else. We must believe in ourselves, and somewhere along the road of life we will meet someone who sees greatness in us and lets us know it.

"Aim for Goals Higher Than Ten Feet"