

Attitude & Mental Skills

1. **Have fun!** That's why you play.
2. **Celebrate** your successes with your teammates.
3. **Congratulate** your teammates upon their successes.
4. Analyze errors **quickly** to learn from mistakes, then **forget** about them.
5. **Anticipate** what is coming, rather than dwelling on what has already happened.
6. Don't let your mind get in the way of your body. **Avoid** negative thoughts that will bring your body into submission. Don't tell yourself what you can and cannot do. Let your body discover its limits while trying.
7. Practice **at least** as hard as you hope to play.
8. **Communicate** with your teammates on the court.
9. **Thank** your supporting cast when you are successful, eg. the passer and setter who made a great attack possible.
10. **Remember** past successes.
11. No matter how you feel about your teammates off the court, remember you must **work together** while playing.
12. Set **realistic** goals.
13. **Push** yourself - don't wait for someone to motivate you.
14. The true measure of success is **playing to your potential**, not the outcome of the score.
15. Leave your problems off the court. Let the game be an **escape** from them.
16. Take **every advantage** of every opportunity to learn. No athlete is ever through learning and improving.