



Maggie Athletics Keys to Success 2017-2018

Coachability:

- ✓ Fall into good habits
- ✓ Listen to your coaches
- ✓ Work often to strengthen your weaknesses

Commitment:

- ✓ Show up for your morning practices
- ✓ Dedicate your spare time for improvement and practice

Confidence:

- ✓ Under pressure to still perform
- ✓ Game situations- game speed skills
- ✓ Don't believe in loss; treat every game like a promising win

Courage:

- ✓ Aggressive game play
- ✓ Practice intensity
- ✓ Hit the floor mentality
- ✓ Pride in play/self/skills/team/school
- ✓

Tradition

- ✓ Attention to Detail in Practice and Game Preparation
- ✓ Little things add up...like morning Gym...Backyard or Driveway
- ✓ Fitness...own time, personal trainers, gym buddy
- ✓ Desire to play – passion for the sport, Watch THE SPORT!
- ✓ Team Building vs. Team Breaking...respect and acceptance of all team-mate