

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ TEAM: \_\_\_\_\_



## HOOPS 101 BASKETBALL CAMP ROLES AND GOALS



### WHAT ARE MY ROLES & GOALS?

We all serve a variety of roles in our daily lives. True balance is achieved when we are aware of the different roles we play and how said roles combine to create personal betterment. Please write down 5 specific goals you will achieve **BEFORE THE END OF THE CAMP WEEK**. For goals to be measurable, they must have a specific due date.

- Goal #1-3 should be basketball-related. They can be skill-specific, attitude based, or work-ethic-based depending on which areas you feel you want and need to improve the most.
- Goal #4 should involve your role as a teammate this week at camp.
- Goal #5 is a goal that you want to accomplish as a family member or friend.

**WITH BALL:**

**AWAY FROM BALL:**

**FREE PICK:**

**TEAMMATE:**

**SOCIAL:**

### WHY IS THIS IMPORTANT TO ME?

Please write down 3 reasons why you decided to achieve your 12-week goals.

- I want to improve my left hand dribble so I can drive and finish both ways.
- I want to improve my finishing around the basket so that I can make the most of my scoring opportunities.

1.

2.

3.

### ELIMINATE ROAD BLOCKS: TRANSFORM PATTERNS OF ACTION

Please write down three roadblocks or patterns of action that you feel you may have faced in the past or that you may face in the off-season that may prevent you from achieving your goals.

- Old Pattern:** I watch TV when I get home and by the time I want to shoot and work on my game, its too dark outside.
- New Pattern:** I will make sure that I work on my game for 30 minutes right when I get home even when I am tired, knowing that I will feel better about it at the end of the day.

1. OLD:

1. NEW:

2. OLD:

2. NEW:

3. OLD:

3. NEW: