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**ALEVELUP BASKETBALL TRAINING**



# **DECISION MAKING ON COURT**

**THE SMARTER PLAYER IS IN YOU.**

**Bencion Mills, STS, AlevelUp Basketball Owner.**

The best decisions , players make on the basketball court are made , not by emotion but by facts, and circumstances.

When to pass? When to shoot? When to take your man one on one? When to help your teammates? When to jump? When to back off? When to stand your ground? What to wear? What to eat? All around us, decisions need to be made everyday. With every decision you make, there is a preferred outcome by the decision maker, sometimes they work out and sometimes they don't. But how do we as basketball players make the right decisions on the court? What makes a player take an unorthodox shot, pass or dribble move - everyone else can clearly see wasn't the right decision, but to that individual all signs pointed to GO!

"I thought I had it!" they said or " I was sure you would have been there, for that pass, my bad." These and other common responses for an undesired outcome. What about those individuals that make unorthodox decisions and the outcome is positive? I can envision, past coaches of mine on the sideline now, hands in his hair, ready to pull out a few hair follicles, but super relieved when the decision resulted in us winning the game. A few "ohhs" and "woohoo" echo the school as I hit the game winning 3pt shot, down 2, with 2 second left, no time outs left, and having missed my 5 previous attempts, that game, to make a single 3 pointer! If I make it "I am a hero". If I miss, time to run and hide.

The decisions we make are sometimes forced on us, made in haste, some made without the full story or background info, but a decision has to be made.

I recently was coaching, and an athlete took a 20 foot shot, off a reversal swing pass, and had a wide-open layup, but instead of the higher percentage layup, they took the 20 footer, decisions like these are made constantly on the basketball court.

So how do we make the right decision?

How do we make the right play?

How do we have a positive outcome?

Here are a few steps need to happen before basketball players make decisions on the court, to result in the outcome that is needed.

1. Have you studied the offence?
2. Have you practiced that shot enough?
3. Have you prepared mentally for the game?
4. Have you reviewed film ( if possible)?
5. We don't make decisions off EMOTION
6. Know the game plan?
7. How many game-winners have you practiced on your own?
8. Was it a TEAM Decision?
9. Did you have all the facts?
10. What does your coach requires of you?
11. What's your role on the team?
12. Are you prepared for the repercussions?
13. Did you envision yourself making that very play?
14. How many times have you made that play in practice?

These are a few steps needed to be taken (perhaps not all at once) but they will help prepare an athlete to make good, right and team focused decisions on the basketball court. Every decision won't result in a positive outcome, but vigilant preparation will help get you there.

See you on the court!

Coach Ben

**Bonus: Play.**

" Making of a Champion" by Pat Summit

4 steps needed to be taken before a champion is made?

1. Look in the mirror
2. Be your best
3. Challenge yourself
4. Integrity

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