

“Emotion and Composure”

While habits respond to training, emotion doesn't. Some days no matter how hard you try, nothing seems to go right. In your frustration you find yourself doing things you really don't like doing, such as arguing with your teammate, kicking the bench, grumbling under your breath, or glaring at an official. On the basketball court, where pride is always up for grabs, it is easy to get frustrated in the heat of a competitive battle. As you begin to grow and mature as a player you develop a composure that allows you to channel your energies into your game. It is this poise that separates the average player from the great one.