

ARMY WEST POINT BASKETBALL

PLAYER  
NOTEBOOK



# ARMY WEST POINT

## BASKETBALL

### GOAL

**WE ARE TRYING TO PLAY THE GREATEST  
BASKETBALL IN THE HISTORY OF ARMY**



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### GOAL

WE ARE TRYING TO PLAY THE GREATEST BASKETBALL IN THE HISTORY OF ARMY  
IN ORDER TO MOVE IN THE DIRECTION OF OUR GOAL, WE HAVE TO BE ABLE TO SEE WHERE WE ARE  
GOING

GOOD VISION LEADS TO GOOD DECISIONS

POOR VISION LEADS TO POOR DECISIONS

### **STANDARDS GIVE US CLARITY**

**FIGHT FOR: VISION-TIME-SPACE-BALANCE**

### STARTS

EYES ON THE RIM—KEEPING OUR EYES FOCUSED ON THE RIM IS DESIRED OUTCOME

- LOOK AT VERY LITTLE, SEE A LOT
- LOOKING TO SHOOT ON EVERY CATCH WITH SHOOTING FOOT DOWN—SLOWS DOWN THE GAME SO YOU CAN SEE CUTTERS AND POST UPS
- FORCES YOUR OPPONENT TO DEFEND FLOOR TO CEILING SPACE GIVING YOU AND YOUR TEAMMATES MORE OPTIONS

### STOPS

WE WANT TO PLAY FAST AND FIND SPACE. IF WE CAN'T FIND SPACE, WE MAKE SPACE WITH A STRIDE STOP. STRIDE STOP NOT ONLY CREATES SPACE FOR A SCORE, IT PROVIDES SPACE TO MAKE PASSES. IT GIVES YOU BALANCE AND TIME TO MAKE A DELAYED SCORE OR PASS.

- LEADING WITH YOUR EYES ON A TURN MAKES THE GYM STILL—BETTER VISION

**STRIKES AND SPACE = FLOW** ALLOWS FOR A TEAM TO BE CONNECTED AND DEVELOP RELATIONSHIPS

- THROWING STRIKES WITH PACE GIVES THE RECEIVER MORE TIME AND SPACE TO SEE
- THROWING STRIKES ALSO TELLS YOUR TEAMMATE HOW MUCH YOU CARE FOR HIM
- ASK THE QUESTION, DOES MY TEAMMATE NEED HELP OR SPACE?— **FRIENDSHIPS**

**USE YOUR STRENGTHS TO MAKE OTHERS BETTER—TOGETHER WE ATTACK**

OUR TOGETHER IS ONLY AS STRONG AS THE PEOPLE WE HAVE IN OUR PROGRAM

IF YOUR GIFTS ARE ONLY FOR YOU, WE ARE SELFISH. IF WE CAN USE OUR GIFTS TO BRING OUT THE BEST IN OTHERS—WE ALL WIN.



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### PLANNING THE TRIP

#### 1. WHERE ARE WE GOING?

- WHAT DO YOU WANT?

#### 2. HOW ARE WE GOING TO GET THERE?

- WHAT CAN YOU DO?

#### 3. DO YOU HAVE MY BACK?

- DO YOU HAVE CONVICTION?

#### 4. DO YOU CARE ABOUT ME?

- WHAT'S YOUR DEGREE OF CARING FOR US?



### WHICH ROAD DO WE WANT TO TAKE?

#### **ROAD TO SUCCESS**

IMAGINARY TRIP PEOPLE TAKE TO THE END OF THE RAINBOW WHERE THE POT OF GOLD IS SUPPOSED TO BE-IT'S NOT THERE

#### **SUCCESS ROAD**

IT'S BASED ON THE TRIP AND QUALITY OF LIVING, IT'S NOT THE DESTINATION. IT'S THE SHORT SEGMENTS OF A LONG JOURNEY THAT REALLY COUNT. OUR STANDARDS WILL GIVE US DIRECTION AND PURPOSE ALLOWING US TO PLAY FAST, FREE AND DECISIVE. EVENTUALLY OUR FOUNDATION IS SO DEEPLY INTERNALIZED THAT IT BECOMES A WAY OF LIFE. WITHOUT GOOD HABITS, WE CAN'T BE FREE. THE GOAL IS NOT THE END OF THE ROAD. THE GOAL IS THE ROAD. WINNING TAKES CARE OF ITSELF.



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### WHAT WE WANT

#### SEEKING

1. LAY UPS
2. STATIONARY 3S (INSIDE OUT)
3. STRAIGHT LINE DRIVES
4. POST UPS
5. FREE THROWS

### HOW TO GET THERE

#### FIGHT FOR: VISION-TIME-SPACE-BALANCE

1. EYES ON THE RIM
2. STARTS AND STOPS
3. STRIKES AND SPACE = FLOW
4. USE YOUR GIFTS, STRENGTHS, TO MAKE OTHERS BETTER



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### OFFENSE

1. STARTS-EYES ON RIM  
-FOOT DOWN
2. STOPS -BALANCE
3. STRIKES AND SPACE
4. USE STRENGTHS TO MAKE OTHERS BETTER

TOGETHER WE  
ATTACK!

RAISE OF SHOT

CONVERSION



OBC



SET  
DEFENSE



### DEFENSE

1. HAND ON BALL-NO STRAIGHT  
LINE DRIVES
2. BUILD A WALL @ MOMENT OF TRUTH
3. CONNECT WITH SPACE  
AND COMMUNICATION
4. FINISH THE PLAY

MULTIPLE  
EFFORTS

PRESSURE  
ON RIM

FIND MIDDLE  
SPACE

TRANSITION

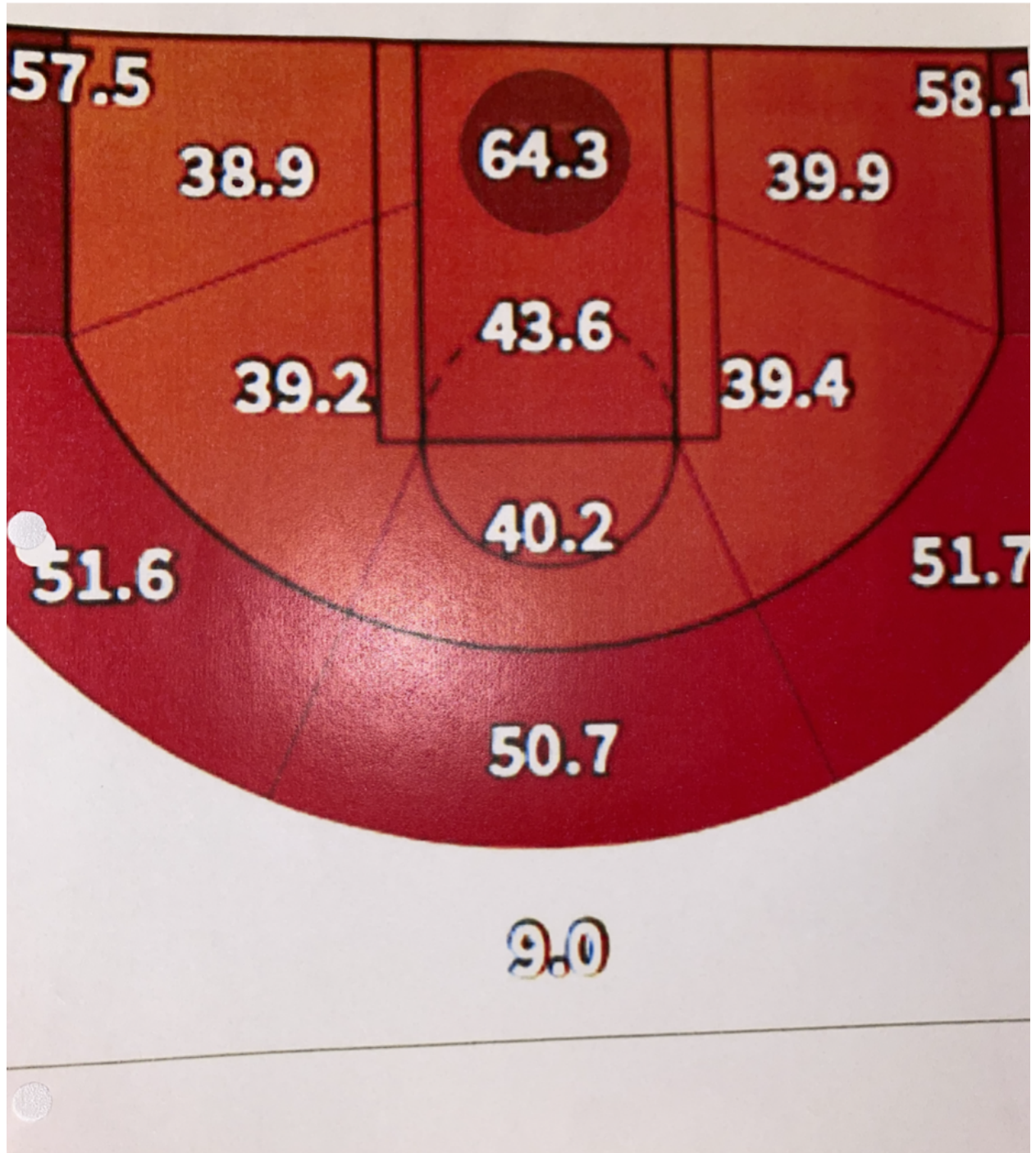
CLEAN OUTLET  
BUST OUT



# ARMY WEST POINT

## BASKETBALL

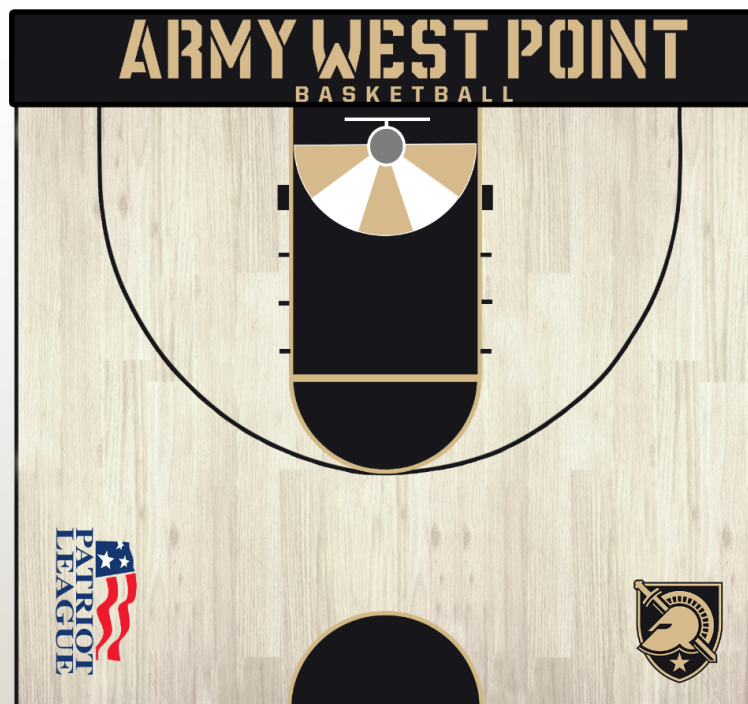
### NBA SHOT CHART



# ARMY WEST POINT

## BASKETBALL

# FREEDOM FROM CHOICE



- POST AND PERIMETER DRIVES
- FOOT IN CHARGE CIRCLE
- HAND TO THE GLASS
- FRONT OF THE RIM
- GO TO MOVES
- COMPETING FOR GOLD AREAS,  
ELIMINATE WHITE



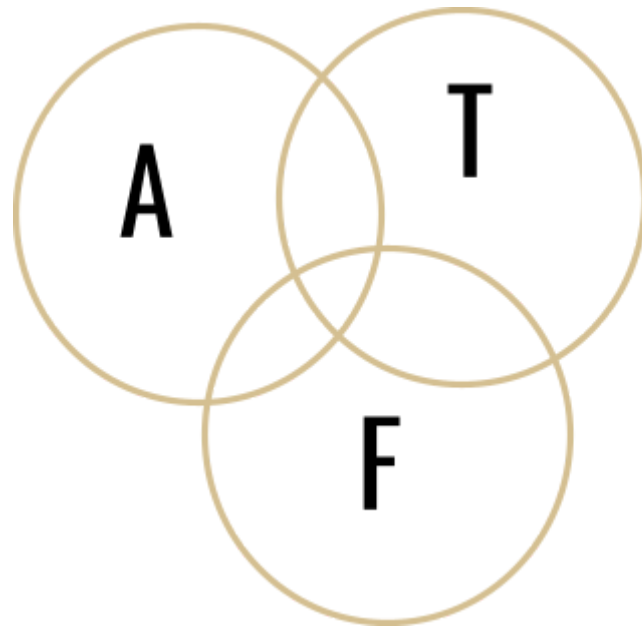
ARMY  
WEST POINT  
BASKETBALL



# ARMY WEST POINT

## BASKETBALL

### WE CHOOSE OUR BEHAVIOR



FEELINGS ARE THE  
MOST  
RECOGNIZABLE TO  
REPORT

### INDIVIDUAL BEHAVIOR: WHY WE DO WHAT WE DO

#### ACTIONS-THOUGHTS-FEELINGS

1. OUR BEHAVIOR IS MADE UP OF 3 COMPONENTS: ACTING, THINKING AND FEELING
2. ALL BEHAVIOR IS CHOSEN, BUT WE ONLY HAVE DIRECT CONTROL OVER ACTING AND THINKING COMPONENTS. WE CAN ONLY CONTROL OUR FEELINGS INDIRECTLY BY HOW WE CHOOSE TO ACT AND THINK. IF YOU CHANGE ONE COMPONENT, IT CHANGES THE OTHERS.
3. THE ONLY PERSON'S BEHAVIOR WE CAN CONTROL IS OUR OWN/ YOU CAN'T CONTROL YOUR EXPERIENCES, BUT YOU CAN CONTROL EXPLANATIONS. YOUR EXPLANATIONS ARE MORE IMPORTANT THAN YOUR EXPERIENCES.

### THERMOSTAT VS. THERMOMETER



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### TEAM BEHAVIOR

The major part of success for a team, or an individual has to do with how the person sees himself (**humility**), how he feels about what he does (**passion**), how he works with others (**unity**) how he makes others better (**servanthood**), and how he deals with adversity and success, truly learning from each situation (**grateful**).

- Dick Bennett



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### THREE DEFINITIONS OF BEST:

**Being the Best:** Continually playing the comparison game and always searching for the road to success. Being the best at anything is actually a byproduct of the competitive experience. It is the result of various factors and one of the most important is not beating yourself.

**Doing Your Best:** is more important than being the best because we are focusing on ourselves, but the truth is we rarely are able to do our best. Key question is how do we bring out our best?

**Giving it our Best Shot:** Area that we have most control over...different than doing your best. When we do not do our best, or as good as we think, we get down on ourselves or start making excuses. When we concentrate on giving it our best shot, we just reload, aim and keep firing. The byproduct is that our best will come out a higher percentage of the time. The edge is in the process. When we learn to enjoy the process of giving it our best shot in all that we do, we raise the chances of doing our best more often. This can directly result in being the best some of the time



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GREAT IS GOOD OVER TIME

*GIVING YOUR  
BEST SHOT*

*DOING  
YOUR BEST*

*BEING THE  
BEST*

*RELOAD*



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FAITH & CONVICTION

# G R O W T H

## CONSISTENCY OF FOCUS AND EFFORT

FIND THE OUTER  
REACHES OF OUR  
ABILITY



GROWTH  
OCCURS @  
THE POINT OF RESISTANCE



**ROAD BLOCKS**



## RESULT (TEST)



## GRATEFUL (GOOD & BAD)

MEANINGFUL INFORMATION

WISDOM

MATURITY



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### ROADBLOCKS THAT DELAY LEARNING AND GROWTH

(ADVERSITY - CONFLICT)

IT'S WHAT WE DO WHILE WE ARE TRYING TO GET TO OUR BEST THAT COUNTS.

HOW LONG IS THE DELAY?



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### COMPETERE

**Competere is the Latin word for compete. Originally it meant come together. Later it developed into “strive together” with an emphasis on struggling to do one’s best.**

**Giving your best shot allows your teammate a chance to get to their best more often.**



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	<b>PRETENDERS</b>	<b>COMPETITORS</b>
1.	Prefer arenas where they are the best	Prefer arenas full of the best competitors
2.	Want a guarantee	Want an opportunity
3.	Wait for ideal circumstances	Lean into circumstances the way they are
4.	Do it when they feel like it	Do it whether they feel like it or not
5.	Use adversity as an excuse	Use adversity as a test
6.	Fear losing	Fear not giving it their best shot
7.	Feel threatened by high achieving teammates	Feel excited by high performing teammates
8.	Resist feedback and coaching	Love feedback and coaching
9.	Push responsibility away	Pull responsibility close
10.	Need certainty	Are prepared for uncertainty
11.	Complain	Solve or endure without complaining
12.	Passive	Aggressive
13.	Are destroyed when they lose	Are sharpened when they lose
14.	Relax effort after winning	Increase effort after winning
15.	Expect success to continue	Expect success to continue when it's earned
16.	Avoid and hide from truth	Seek and embrace truth
17.	Wait for motivation	Choose to act with discipline

BRIAN KIGHT NEWSLETTER





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### COMPETE TO ASK BETTER QUESTIONS

#### **WHAT CAN YOU DO?** HOW TO DISCIPLINE YOUR THINKING BY ASKING BETTER QUESTIONS

We are responsible for our own choices and are free to make better ones. When we ask better questions, we get better answers. The Goal is to make better choices in the moment.

**VICTIM QUESTIONS** lead with why and usually include they or them. When you say them, it makes you feel powerless, like a victim. I am a victim of the environment and the people around me—poor me trap. It also indicates that someone or something else is responsible for the problem or situation:

#### **Examples:**

- Why don't they let me lead?
- Why don't they care as much as I do?
- Why don't I ever get a break?
- Why don't they let me play that position?
- Why won't they give me more playing time?
- Why is this happening to me?

**PROACTIVE DISCIPLINED QUESTIONS** lead with what and how, contains an I, and focuses on an action. Instead of finger pointing questions that separate ourselves into we and they, we become an active participant in the solution while bringing out the best in each other by working together.

#### **Examples:**

- What can I do to add value?
- How can I support my teammates?
- How can I set a better example?
- What can I do to solve the problem?
- How can I let go of what I can't control?
- How can I more creatively connect with my teammates?
- What can I learn from this situation?

Proactive disciplined questions are not about blaming and complaining, but instead asking questions like, "WHAT CAN I DO"?--then take action.



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### INTERNAL NOISE

If that  means  
too much, we will never be our best.

I have to make that shot  
tight

I have to take that shot and I can live with consequences  
% wins out

Every decision you make is the correct one at the time based on the  
skill and knowledge you have at the moment.



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**OUT OF MY CONTROL**

**ACTIONS OF OTHERS**

**THE OUTCOME OF  
MY EFFORTS**

**IN MY CONTROL**

**MY THOUGHTS  
AND ACTIONS**

**WHAT I GIVE  
MY ENERGY TO**

**HOW I SPEND MY FREE TIME**

**THE FUTURE**

**OPINIONS OF OTHERS**

**THE PAST**

