

THE BLACK ANGELS

TEN COMMANDMENTS

1. **Don't miss a day** If it's unavoidable organise an individual program for the day/s you will miss with me beforehand. Miss a day or fail to organise a catch-up session don't expect any rewards come game time.
2. **Be Punctual** That means be on time !!! no excuses.
3. **Be respectful** that means no back chat and listen to and do everything you are told. Coaches are not interested in arguing, being ignored or not listened to, if you cant get your head around that don't be here.
4. **Good Body Language** Frustration is one of our greatest enemies it leads to anger and depression. Don't get put off if things aren't going your way at first, keep at it and show me that you are determined to make things better. Don't slump shoulders, don't swear out loud, don't kick basketballs etc.
5. **Be energetic and enthusiastic** We want every drill done with energy and enthusiasm, if you cant find that you shouldn't be here. If you miss a shot chase down the rebound and get back into the drill. If you fumble the ball get it back and start again.
6. **Be determined** This is not just about turning up and going through the motions with your training, it's about improvement. Be determined to get better, challenge yourself with your drills make them as hard and as tough as they can be, challenge yourself to get better every session.
7. **Work Hard** This is simple, we don't want slackers here. If you are going to slack off and not work hard, forget it. Learn the benefits of working hard and the rewards will be there for at the end.
8. **Bring your correct equipment** A basketball, skipping rope, dark and light t-shirt, and water bottle
9. **Be studious and follow up. Identify your weaknesses** Don't just take training as the sole road to improvement. Identify your weaknesses and work on improving them in your own time. Watch other players on television or read books about great players or teams and learn from them.
10. **Understand these rules** Don't ignore these rules. They are put here as a reference. Follow these rules and you will be GUARANTEED a successful and enjoyable season.

GOOD LUCK.