

Buck Basketball

“Control the Controllables”

“Focus all your effort on what is in your ability to control.”
-John Wooden

Things Within Your Control (the “Controllables”)

- Attitude (positive thoughts and visualization + focused practice = Optimal Performance)
- Effort (blue-collar, “farmer’s work ethic”)
- Preparation (“luck is what happens when preparation meets opportunity”)
- Energy/Hustle (“it takes no talent to hustle”)
- Approach/Focus/Mindset (“compete in the present moment,” proactive vs. reactive)
- How you Respond to Failure (resolve, body language, “get comfortable with being uncomfortable”)

Things Out of Your Control

- Opponent (ranked #1 or #101)
- Performance of Opponent (do not let the scoreboard determine the way you play...compete)
- Calls From Officials (“control your emotions or they will control you”)
- Where you Play (no excuses)
- Critics (do not let an “outsider” negatively influence you)
- Injuries (for injuries that cannot be prevented or avoided, focus on what you can control to heal and recover)

“You cannot control what happens to you, but you can control how you respond to what happens to you.”
-Viktor Frankl