

SKILLS FOR PLAYER AND TIPS FOR SUCCESS

1. **Listen to Your Coaches**
 - Stop what you are doing.
 - Look at the coach. Make eye contact.
 - Make an effort to concentrate.
2. **Follow Coaches' Instructions**
 - Listen to your coach the entire time he or she is giving instructions.
 - Do what your coach says immediately and with energy.
 - If you don't understand, raise your hand and ask questions.
3. **Accept Coaching**
 - Understand that coaching makes you better.
 - Follow the coaches' instructions without hesitation or talking back.
 - If you feel frustrated, visit with the coach at an appropriate time.
4. **Get Along With Your Teammates**
 - Make positive comments to teammates, avoid negative comments.
 - Ignore irritating behaviors; don't escalate a situation.
 - Remember that everyone is here for a common goal.
5. **Have High Energy**
 - Do everything to the best of your ability.
 - Hustle, don't walk.
 - Stay on task and avoid horseplay with teammates.
6. **Respect Your Opponents**
 - Don't trash talk or make rude gestures.
 - Play within the rules.
 - Ignore unsportsmanlike behavior from your opponent.
7. **Be prepared for Practices and Games**
 - Be on time
 - Pack equipment ahead of time.
 - Double-check before leaving.
8. **Win with Class and Lose with Dignity**
 - Congratulate your opponents, win or lose.
 - Don't brag or boast when winning; don't criticize or make excuses when losing.
 - Take a lesson from both winning and losing.
9. **Handle Disappointment and Adversity Appropriately**
 - Avoid negative physical and verbal displays.
 - Learn from the situation.
 - Work harder.
10. **Respect Facilities and Equipment**
 - Use facilities and equipment the way they are intended to be used.
 - Pick up after yourself and teammates.
 - Report any damage to the coach.