



An Athlete's Inventory – What are my strengths and weaknesses?

It is important to understand you must be special in an area or two. You wouldn't want to be average in a lot of areas, but be an elite shooter, ballhandler, etc...

What are your goals as an athlete?

- 1)
- 2)
- 3)

What's highest level of hoops do you want to play?

What are the biggest areas you need improvement (be specific)?

- 1)
- 2)
- 3)

"Victory or defeat is not determined at the moment of crisis, but rather in the long and unspectacular period of preparation."

**Keep Learning
Keep Growing
Nothing's guaranteed**

Get better 1% each day

What are the areas of your game that you are most confident?

- 1)
- 2)
- 3)

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