

# THE EA ULTIMATE PLAYER GUIDE



serch carriere  
IMAGES

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TRUST THE PROCESS





## CHAPTER 4

# HOW CAN I REACH MY FULL POTENTIAL?

The best program is consistent small steps. Everyone can be motivated for a couple of weeks or months. Can you imagine yourself in 1 year, 5 years, 10 years?







# NEVER OUTWORKED

Focus on EFFORT & ATTITUDE those are the only two things we can control every practice and game. Don't allow any bad practices, We always work hard, there is no excuse for that.

## MINI HABIT

-> Always try to be the hardest worker in the gym. Take pride in that.





# BUILD A PRE - PRACTICE ROUTINE

## MINI HABIT

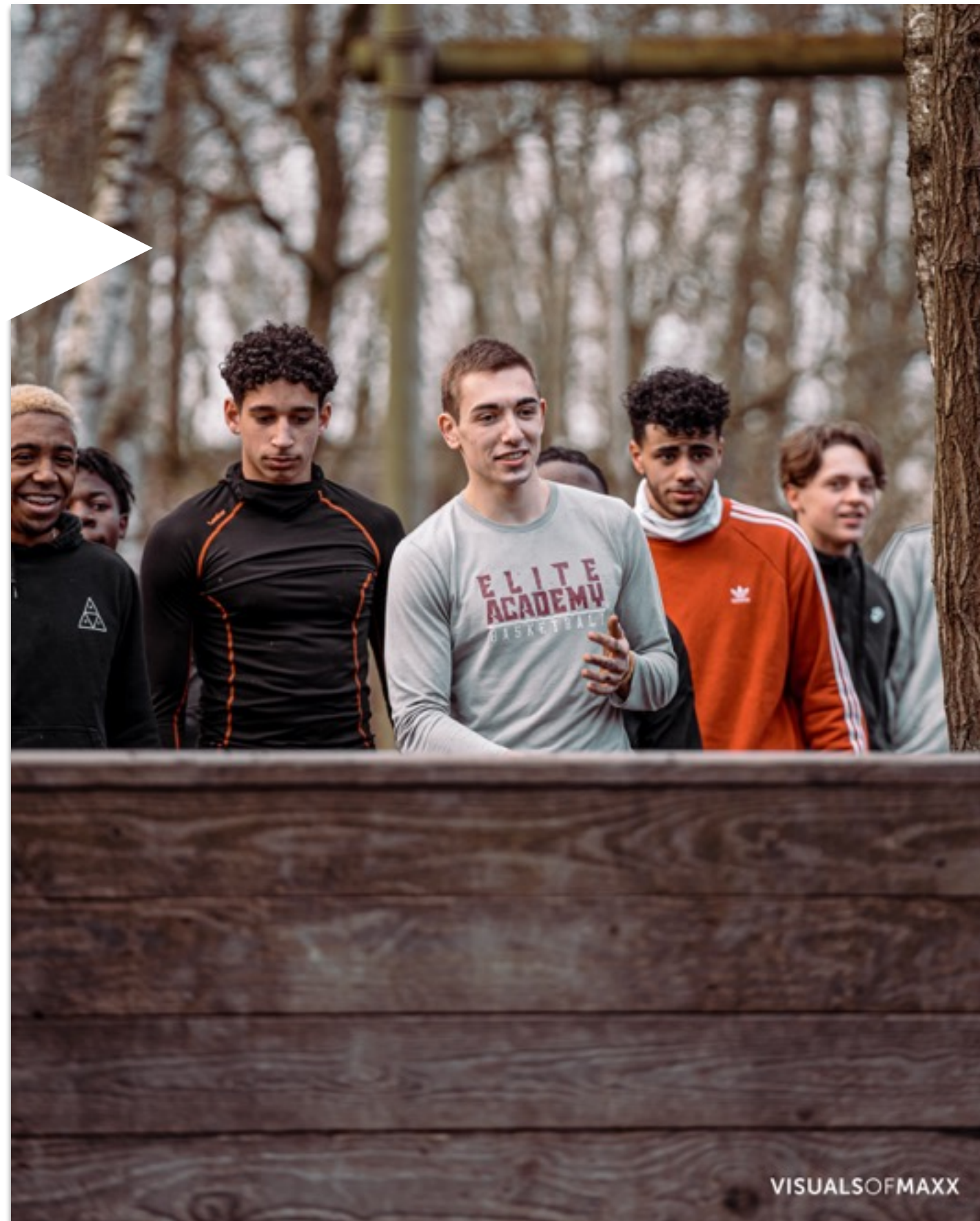
-> Step on the court at least 15min before practice begins

The routine can be anything from working on your strong points to your weak points:

- ball handling
- shooting
- mobility
- injury prevention
- free throws
- finishing around the rim

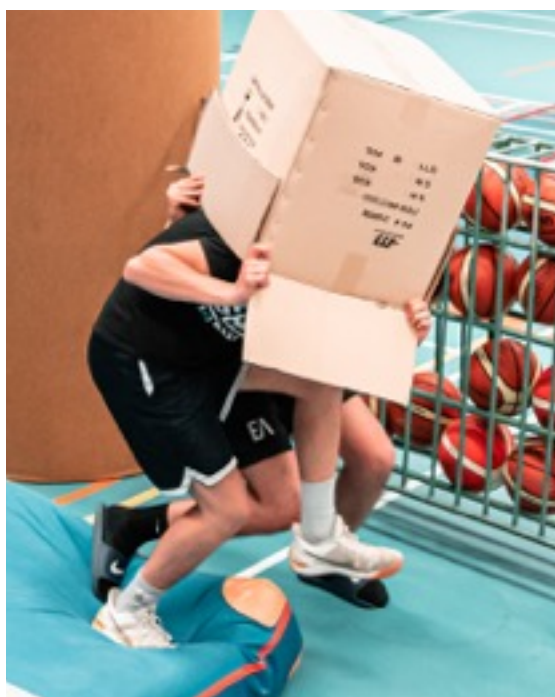


**DON'T BE ON TIME. BE EARLY.**



VISUALSOFMAXX





# STAY LATE AFTER PRACTICE

First one in the gym, last one out! All those extra minutes staying longer, can lead to big transformations in your game in time! There are many things you can work on after practice:

## MINI HABIT

- > Find teammates who got the same mindset as you who will join
- Play 1-1 king of the court all situations
- Free-throw challenge shoot 50-57
- Shooting extra 3pointers
- Doing an extra strength workout
- Stretch out keeping your body healthy





# STUDY TAPE OF YOUR IDOLS. STEAL LIKE AN ARTIST

## MINI HABIT

-> Do you got 10 minutes free a day? Go on youtube and make a playlist with video's of your favourite players.

Don't check the flashy short highlights. But go for long video's with full highlights of games.

Try to understand:

- Their go to moves
- The decision making
- Why moves work
- The details in the move
- What situations they use the move
- The little things that those players do
- How they behave and communicate



Rematch the same video's over and over again till you get it. Then go on a court and try to mimic those moves / situations. Steal with your eyes!







## CHALLENGE EVERYONE PLAY AS MUCH 1ON1 AS POSSIBLE



### MINI HABIT

-> Play 1on1 in the gym before or after practice.

Playing 1on1 is the best way to work on new moves in a game like situation. It allows you to try new stuff out, without that matters if you f\*ck things up.

#### Tip:

It doesn't even have to be against a good player... You can play against a little kid, your dad, maybe even who doesn't play basketball. Always find a way that it challenges you to get better:

- try to score only outside the paint
- try to score only with your weak hand
- try to score only using 1 move and a counter move
- try to work on a specific move

If you're playing against a good player:

- how efficient can you be? Can you make streaks of 5-7 in a row?



VISUALSOFMA



# MINIMISE WAISTED TIME



## MINI HABIT

Be aware of how many times you caught yourself just sitting on your phone for no reason. Don't become a slave of social media.

There are only so many hours in a day.  
Don't waste so much of that valuable time  
on scrolling on your phone.

20min 1-1 after practice > 20min on your phone  
20min watching game tape > 20min on your phone  
20min pre-practice routine > 20min on your phone





# RE-WATCH YOUR GAMES

## BE YOUR OWN WORST CRITIC

### MINI HABIT

-> After every game you played watch the full tape again.

When watching tape, in every situation try to think what I've done better. From small things like spacing, defensive position as to seeing your moves in slow-motion, did you made the right reads? How was your decision making?

If you watch your game the right way, it means a lot of stopping the game, rewinding and thinking what you could have done better.

Never be satisfied!







# FIND A PARTNER WITH THE SAME GOAL AND MOTIVATION AS YOU.

## MINI HABIT

Create a routine with the partner : for example go and take extra shots on game day, do an extra strength day or stay late after practice,

A training partner can keep you accountable and motivate you to do more than you would on your own. There will be days when you won't feel like going to the gym; and if you're training by yourself, you may decide not to go. Not so if you have a partner. Plus, when working on shooting skills, a partner is almost a must.

FIND SOMEONE WHO PUSHES YOU TO COMPETE HARDER.







# CONSISTENCY IS THE KEY TO SUCCESS

## THE 1% CLUB

### MINI HABIT

-> Create a routine that works for you and that you can stick to.

Staying consistent is difficult with anything, including basketball training. But it's essential if you want to see real improvement this off-season. Everybody can be motivated for a week or even a month. But can you create the right habits and stay consistent in your work ethic for months or even years? Set up a reasonable training schedule for yourself and stick to it.

A great tool for consistent improvement is taking notes after/during practice. Especially when doing your strength workouts, write down your weights used, reps and sets done. Try to do a little better every day.



**CONSISTENCY IS WHAT TRANSFORMS  
AVERAGE INTO EXCELLENCE.**







## RUN THE EXTRA MILE



### MINI HABIT

You get out what you put in. Make a plan that you can stick with. Start easy: 30min extra shooting on Sunday evening for example.

Developing takes time, and isn't going to happen with just the team practices. You have to do more, in order to achieve more. Create the right habits, and do extra work outside the team practices.



# MAXIMISE YOUR STRENGTHS WORK ON YOUR WEAKPOINTS

You have to find a balance between not only working on your weak points but also maximising your strengths. Can you become an expert in an aspect of the game? Know your playing style and what your role can become in the future. Creating an expertise is important, and it will be easier for coaches to recruit you and give you a certain role in the team.

You have to find a balance between not only working on your weak points but also maximising your strengths:

- If you feel like you can become a great shooter, focus most on maximising your talent in shooting.
- If you feel like you can become an unbelievable athlete focus most on maximising your athletic ability.
- If you feel like you can become an amazing finisher at the rim focus most on maximising your finishing package.

Our advice try to pick one most important strength & one weaknesses you want to focus on improving.





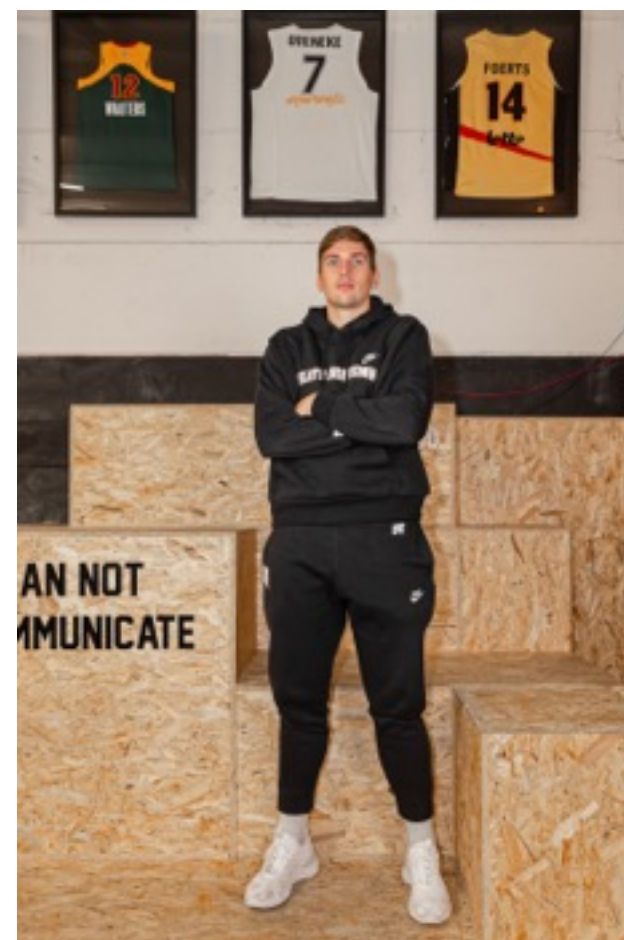
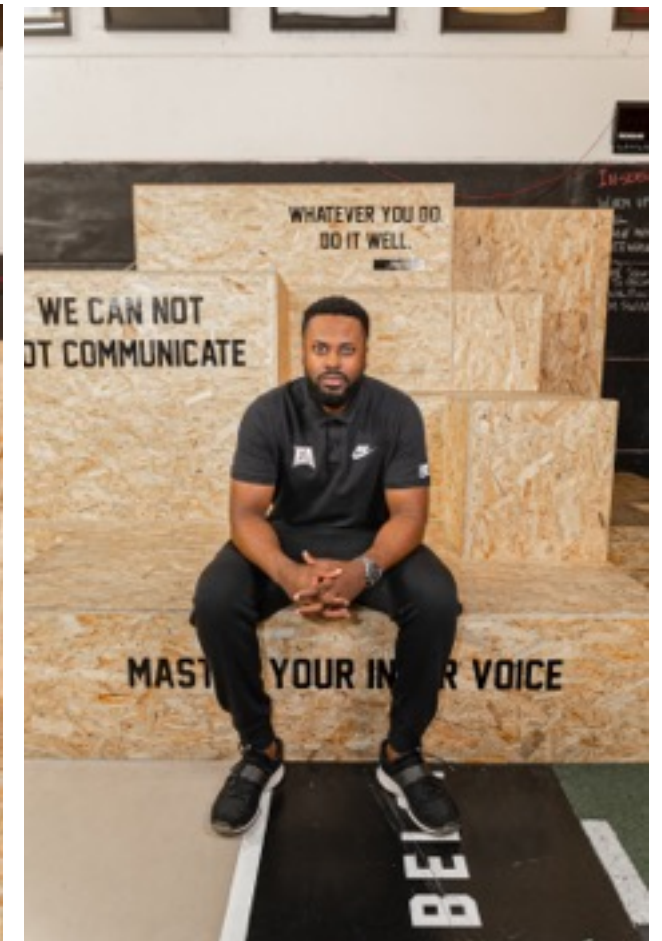
# PICK THE BRAIN OF PLAYERS WHO ARE THERE WHERE YOU WANT TO BE ONE DAY

## MINI HABIT

-> reach out to people you don't know yet. We know it's scary but it's worth it.

Don't be afraid to reach out and send a message or talk to players who play pro. They can give you advice or share their story on how they made it happen. You don't have to figure everything out yourself.

If you can learn from many people, it will only help you with your process!







# WATCH HIGH LEVEL BASKETBALL FULL GAMES

Do your research, you have to become a student of the game. When watching a live game don't just focus on the ball and the entertainment of the game.

Watch little things like:

- weak side movement
- can you figure out what actions they're using
- how are they defending
- what shot selection they're using
- what moves they're using
- how are they communicating
- if you have a favourite player try to only watch him

## MINI HABIT

-> Every weekend I will watch 1 full game.





# THERE IS NO FAILURE ONLY FEEDBACK

There will be ups and downs, you will get tested. Just remember there is no failure, only feedback. It's all part of the process.

Just stay consistent and don't give up.



If it would be easy, everyone would be doing it.





# FIND A BALANCE BETWEEN WORKING HARD AND RELAX.

Plan in the days wisely: for example in the off-season. Get your early bird morning work in. Then during the day have fun, hang with friends do something you like and that relaxes you and then in the evening get another workout in.

## MINI HABIT

Work hard. Play hard. Plan your days so you can have both.







**EVERYBODY WANTS TO  
BECOME A GREAT PLAYER  
UNTIL IT'S TIME TO DO WHAT  
IT TAKES TO BECOME A  
GREAT PLAYER.**

Do you got what it takes? Will you join the 1% club?







# **SIGN UP FOR OUR CAMPS IN '22**

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