

Performance and Human Behavior - **"PLAYING THROUGH ADVERSITY"**

"When you give it your best effort, you may run out of time, but you will never lose a game, regardless of the score!"

Coaches expect their players to play with determination and effort, to play hard, and to play through adversity; but very few coaches give them the means or the tools that will allow them to accomplish these great expectations. Knowing and understanding the various phases of human behavior and how they effect performance will enable players not only to play through adversity, but to be more successful and productive in the process.

When faced with a difficult task or adversity, players will progress through these three phases or levels of behavior:

Phase I: EFFORT AND DETERMINATION

- ◇ Success is achieved through hard work and determination. Great athletes view pressure situations as challenges rather than threats. They are very determined and work harder for longer periods of time than mediocre ones.
- ◇ Players must learn to play through adversity to be successful. "Only worry about the things you can control." Great athletes never allow a bad call or bad play effect their performance & concentration. They may have some bad moments but never have a bad game (or day).
- ◇ All great athletes possess the ability to bounce back. "No matter how many times you get knocked down, you are only beaten when you fail to get up."

Phase II: LOSS OF SELF-CONTROL

- ◇ When efforts are unsuccessful, players progress into the second phase of behavior and start to loose self-control. They become frustrated and aggressive, getting verbally and physically abusive. They look for excuses or scapegoats. This loss of self-control can sometimes get violent and hostile (push turns to shove).
- ◇ Since frustration and aggression requires a great expenditure of physical, emotional, and spiritual energy, this phase of loss of self-control only lasts for a short period of time.
- ◇ Because of their determination, work ethic and their ability to control their emotions in the face of adversity, great athletes very rarely advance to this 2nd phase of human behavior.

Phase III: QUITTING

- ◇ Since players are physically, mentally and spiritually beaten, they will advance quickly into the third phase of behavior and quit.
- ◇ The situation is not worth any more effort. They give up entirely and throw in the towel.

BEST EFFORT

Editor's Note: "Winning is the only thing!" This may be true on the Pro level, however, on all other levels of the game of basketball giving your best effort is of the utmost importance. Playing through adversity is one of the lessons players can learn from this great game.