



Preparation

15

Chalk Talk

In order to reinforce the lesson and put TrueSport into action, do the following Chalk Talk with your athletes.

Instructions

“Success is not a matter of just wanting to win. It’s a matter of preparing to win, which is much more important.” —Mike Krzyzewski, Hall of Fame Basketball Coach

Keeping that quote in mind, have a discussion about pre-game preparation using these questions:

1. How do you prepare yourself before competition?
2. Why do you think a pre-game routine is important to success?
3. What are some signs that a team has good chemistry?
4. What do you think is more responsible for success: the will to win or proper preparation?
5. Can a pre-game preparation mentality be useful in other areas of your life besides athletics?