

yWBallers presents

Mind, Body & Skills

When you hear the term GPS, what do you think of? Directions, Current Location, Destination, Recalculating and Reliability.

I will provide all of these as long as you GPS, Go Prove Something. GPS was created out of necessity. We are living in the instant gratification age. People don't want to work for things today. Injuries are on the rise and the concern I have is that most of the injuries are non-contact. That means you get injured, cannot play and have no-one to blame but yourself. This has to change. My job is to buck the trend and help you to stay on the court as much as possible.

There is also another concern that is on the rise. It is what I call mental injury or lack of mental toughness. Today's athletes need to stop blaming others for their failures and start taking responsibility for their lives. These are the 2 most common reasons that athletes fail; non-contact injuries and a lack of mental toughness. While most coaches and trainers accept these reasons as just part of the game, I DON'T. In my opinion that is unacceptable. Injury reduction and mental toughness can and must be learned in order to reach your full potential. I will train you for both Injury Reduction and Iron Clad Mental Toughness.

Highlights

- * Mental Toughness
 - * Fitness
- * Injury prevention
 - * Read & React
 - * Defense
 - * Foot Work
 - * Game IQ
 - * Shooting
 - * Passing
 - * Ball Handle

