



# 5 Day Basketball

## Series 1

[www.conditionedminds.com](http://www.conditionedminds.com)

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# 5 DAY BASKETBALL

## Series 1: Start With An Attitude And A Purpose

### COURSE DESCRIPTION

Conditioned Minds 5 Day Basketball does not start with a ball in the gym; but rather with an attitude and a purpose. This series will provide the standard that transcends specific times in each young basketball player's development. The lens brings together concepts and content for deeper thinking and meaning making; drawing instruction and the athlete continually back to the significance of what they are seeking to accomplish. Each basketball player will gain understanding of real life application regulating attention, risk assessments, decision making, time management, and social skills; overall becoming a more focused learner in preparation for reaching their goals on the court. Transferable skills (skills which help athletes redesign a direction to make stronger decisions on their own) will be introduced and/or refined for your child to successfully master the essential understandings.

# #ConditionedMinds

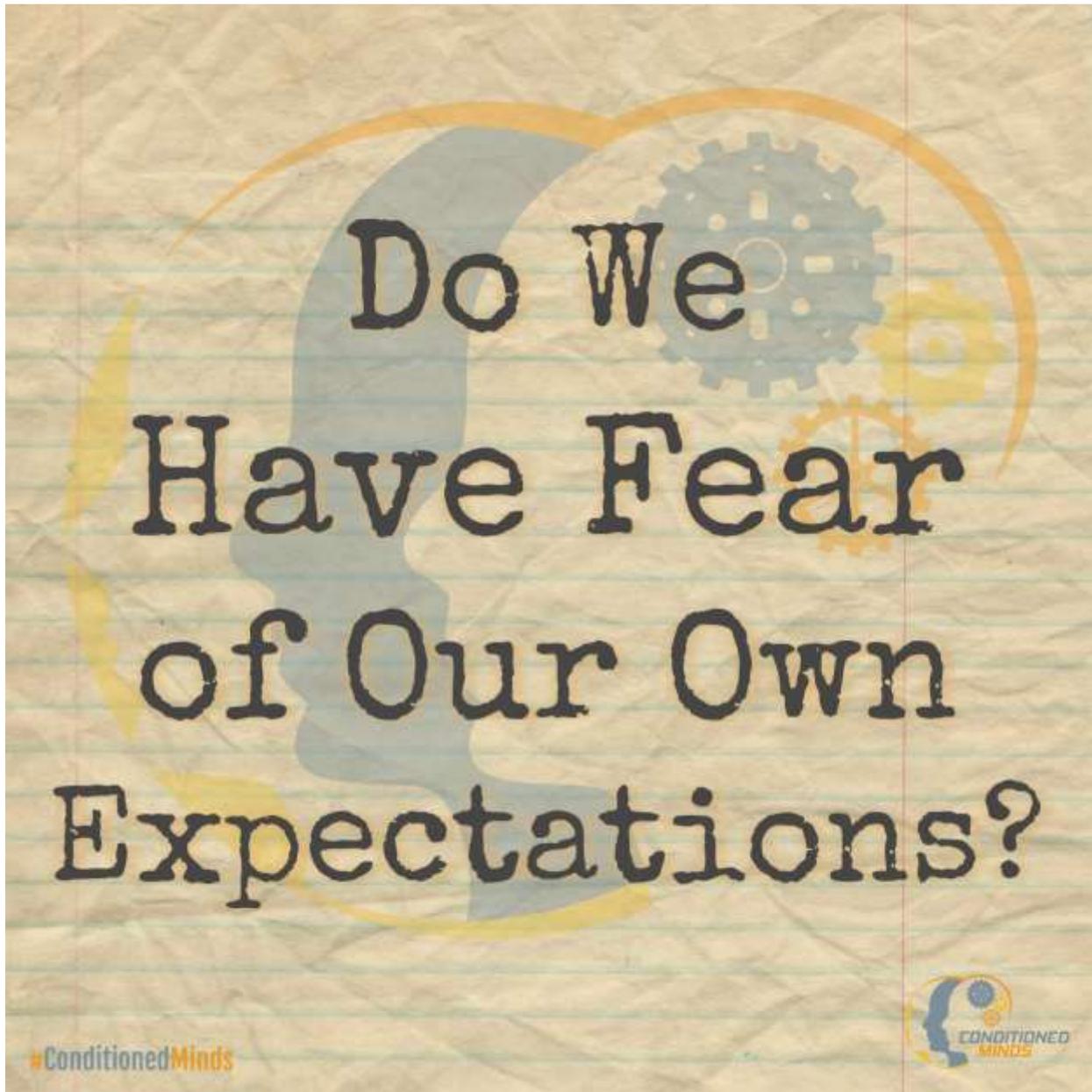
### You are at the "CENTER OF MY HEART"

Conditioned Minds Foundation wants to take a moment to thank all of the families and organizations who send their youth to our programs and camps. If you feel we have made a positive impact on your child, the Center of My Heart page is for you. We are always seeking donations and support to help offset the costs of future leadership camp prices for youth around the country. There are so many young people who need our programs but do not have the resources to attend. We created the Center of our Heart page as a way to give back for your support. There you will find our downloadable Series Workbooks, books written by the founder Rodney Zimmerman, and a reinvent motivational video series to help inspire all of us.

[www.conditionedminds.com/center-of-my-heart](http://www.conditionedminds.com/center-of-my-heart)

*We hope that you enjoy our 5 Day Basketball Series*

## DAY 1



The physical side of discipline determines how much you will put in and just what you get out. You may feel at any point and time that you are not a great athlete, but you will learn today that heart wins. It's time to attack the physical side of discipline by attacking the physical elements of attitude.

## ACTIVITY

### Communication

For the entire day, I want you to develop communication skills that tackle touchy topics. This can be through conversation at home, at your job, with a friend, or even with an enemy. You will communicate either verbally only (not in writing, email, or text). During this exercise, find conversational common ground to create balance within the conversation.

Who did you speak to? \_\_\_\_\_

Where did you speak to them? \_\_\_\_\_

What time of day did you speak to them? \_\_\_\_\_

Was this time of day affective for how they received what you had to say? Yes \_\_\_\_\_ No \_\_\_\_\_

What was the touchy topic you tackled? \_\_\_\_\_

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Was the outcome of the conversation positive or negative? Why? \_\_\_\_\_

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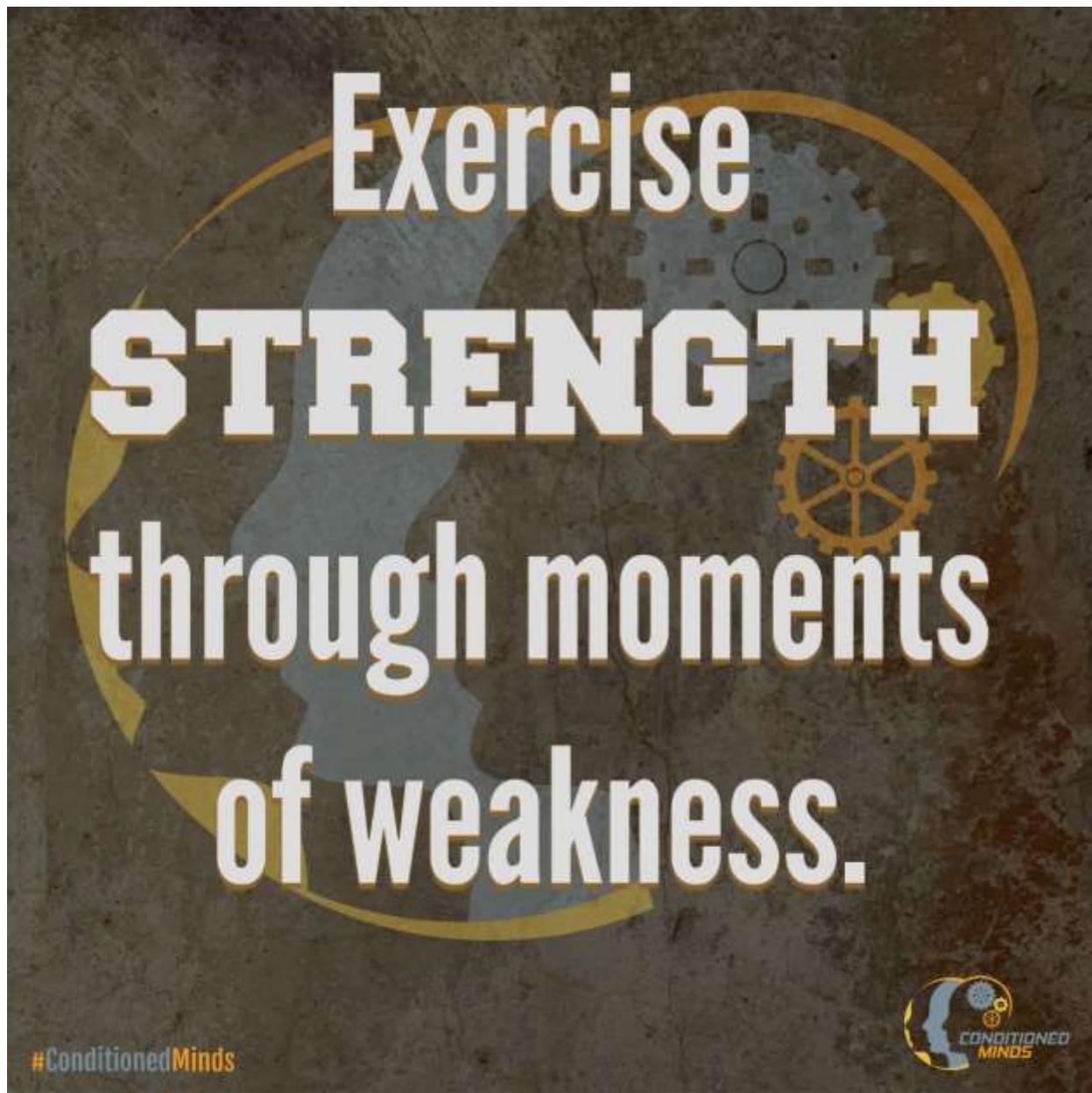
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### RECAP:

Think about the timing of your communication when you tackled your touchy topic. Try it again at a later time with someone else, but think about the time and place which you are addressing your touchy topic.

## DAY 2



You are sitting in the gap of being a leader, but are not quite sure how to define your role. There is something in you that wants to push you to a higher level. It is important to define your role and craft your crown, leveraging it, and then reaching a new goal. Strengthen your character by becoming a stronger emotional leader.

## ACTIVITY

### Role Management

I want you to create your role for the day. This includes writing down a task sheet of everything you will do today (for yourself and for others). The challenge for you within these 2 hours is to take on a role that you normally would not. This could include extra chores; stepping out of your comfort zone to go the extra mile for someone; giving yourself more quiet time to reflect; or doing something without a reward in mind.

What was the role you took on? \_\_\_\_\_

How much time did you place into this role? \_\_\_\_\_

Who did you directly affect? \_\_\_\_\_

What time of day did you take on this role? Morning \_\_\_\_\_ Afternoon \_\_\_\_\_ Evening \_\_\_\_\_

Explain how the task affected someone or yourself: \_\_\_\_\_

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Was the outcome what you expected? \_\_\_\_\_

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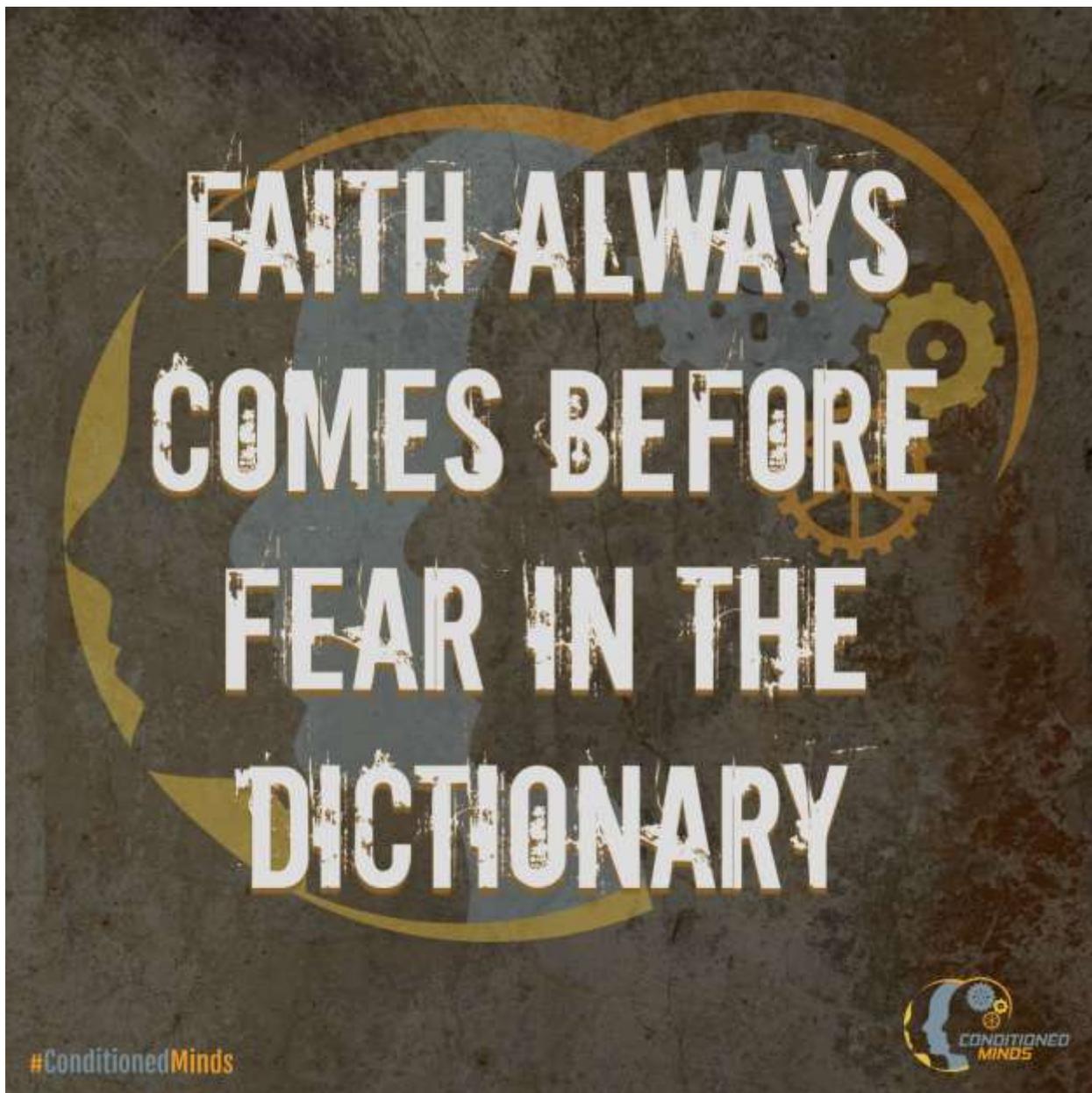
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### RECAP:

Think whether or not this new role you took on could be implemented every day. Could you see yourself doing a selfless act or do you always need a reward? Your goal is also defined as your purpose. Attitude is not an effect, it is a cause. Simply put, attitude is between you and you. If your attitude is molded to believe in selfless acts, you will find that your journey is rewarded x10. Shape yourself through preparation.

## DAY 3



Conquer your insecurity of failure by participating at a competitive level in a variety of activities. They do not always have to be physical activities, but should challenge your socioemotional ability to communicate, find your role, and have faith that the outcome will end correctly because of your process.

## ACTIVITY

### Faith

Today is going to be a tough day because you have been so used to controlling your outcome. However, this day is all about the process. Pick something to do and focus on the process, not the outcome. This means that you may need to write down your steps that it takes for you to get to the end (the outcome). Follow your process and make adjustments along the way, but note them.

What did you choose to do today? \_\_\_\_\_

Was it something you normally do anyways? \_\_\_\_\_

If so, was there a different outcome? \_\_\_\_\_

What was the outcome? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

At any point during the process of accomplishment, did you think about the outcome? \_\_\_\_\_

Did thinking about the outcome cause you any anxiety along the way? Why or why not?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Was the outcome what you expected? Why or why not? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### RECAP:

You are putting too much pressure on your outcome. Focus on the process and have more faith that things will come together. When you stir in fear, you create a sour taste that everyone can smell.

## DAY 4



By creating application without over thinking and still achieving an affective end result, you are taught how to focus and process the moves before making them. This focal point increases your decision making skills while teaching you how to control your surroundings and learn how to manage your situations.

## ACTIVITY

### Concentration

#### Home Challenge

Speak your 2 top strengths and growth/development opportunities into existence today. Both you and your parent must write down their game plan for the day. This game plan should include a major goal that you are trying to accomplish for the day.

What was your goal for the day? \_\_\_\_\_

Did you accomplish the goal? \_\_\_\_\_

What made it tough or easy? \_\_\_\_\_

Did you find yourself concentrating on the outcome or the process? Why? \_\_\_\_\_

\_\_\_\_\_

#### Community Challenge

Speak your top goal for the day into existence with someone in the community or at work that you respect (i.e. youth pastor, coach, adult, or close friend).

What was your goal for the day? \_\_\_\_\_

Did you accomplish the goal? \_\_\_\_\_

What made it tough or easy? \_\_\_\_\_

Did you find yourself concentrating on the outcome or the process? Why? \_\_\_\_\_

\_\_\_\_\_

Did the person you spoke with about the goal know whether you accomplished it or not? \_\_\_\_\_ Why did or didn't you tell them? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### RECAP:

It is important to have someone you can communicate your successes and failures to. For you that person may turn out to be a mentor; and once you get married, that person may turn out to be your spouse.

## DAY 5



If the bar is not set high, there is nothing to reach for. Too low, the bar is easy to jump over; yet too high and it cannot be seen. Diffuse your fear by living your purpose. Your opportunities write the path to your journey. Do not be afraid to make mistakes by writing it in permanent marker. Fear will cause you to use a pencil and eliminate the different colors you poses. The canvas is big enough to continue to correct your purpose and legacy so do not fear the mistakes along the way, and know that your journey through faith has purpose.

## ACTIVITY

### Today Purpose Becomes Passion

What does it mean to you to command the day? \_\_\_\_\_

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#### ***At the end of today ask yourself:***

Were you as clear as possible in your work ethic? \_\_\_\_\_

Did you avoid actions or words that would derail a good point you were trying to make to someone else? \_\_\_\_\_

Do you need to change your actions? \_\_\_\_\_

What exactly do you or don't you need to change? \_\_\_\_\_

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***We all use different actions and words that we feel appropriate and non-appropriate. Don't be afraid to label your feelings. Let someone know what you're feeling in a calm way and bring them back into discussion slowly.***

If mistakes were made today, did you accept partial or full responsibility? \_\_\_\_\_ Why or why not?

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Did you offer to help fix the problem even if you were not responsible? \_\_\_\_\_ Why or why not?

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#### **RECAP:**

Knowing your value means to also know your purpose. Attack the problem without fear, continue to walk the process, and see if tomorrow brings you a different outcome. **STAY POSITIVE!!!**

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