

How to Build a State Championship Team

1. Expectations.

- Where do your team expectations stand? Is it State? District or conference Championships?
- Discuss with your team where they see them selves, and always shoot for higher expectations then you thought possible

2. Pre Season—

- what ever your preseason looks like IT ALL STARTS HERE
- individual preparation, Are your players getting ready for the season on their own
- Team, team training, Camps,
- at preseason this is where expectations are laid down, and discussed, and always talked about. I start every preseason with the dates of our State tournament and talk to my girls about the expectation of getting into the final game, that's the only expectation we have.

3. Break Down of the Season

- Regular season
- District (NM) or conference or regionals
- Match ups with teams,
- State tournament

4. Team Chemistry

In My opinion this is the BIGGEST reason we win.

- team dinners
- bonding. (talked about in my prior lecture) this can make or break a team
- talking before each game, expectations

5. State Tournament

- Strategy- Team match-ups
- underdog mentality
- expectations