

CASEY SELECT “GRIT”

GRIT BASED ON ANGELA DUCKWORTH



DEVELOPMENT

- **Physical (your body)** – Speed, Power, Agility, Size, Motor Skills, etc
- **Sport Specific (basketball)** – Shooting, Passing etc
- **Mental (between your ears)** – Social Skills, Teamwork, Adversity, Sacrifice, Growth Mindset, “GRIT”

WHAT DO WE VALUE IN A CAVALIER?

Offense	Defense	Character
Great Skill / Dexterity Can use both sides of body	Committed, disciplined defenders / defending without fouling	Possesses a growth mindset / great note takers (note books)
Ability to shoot the ball / good mechanics	Great close outs every time / high hand	Punctual
Understanding of spacing, timing and receiver principles	Containment of the ball / no straight line drives	Show gratitude
Ability to play within our systems	Physical and disruptive	Always respectful
Play making ability	Ability to defend within our systems	Great teammate
Ball screen and DHO skill / IQ	Finish possessions with a rebound	Desire to compete

VIDEO #1

- Angela Duckworth – Ted Talk.
- <https://www.youtube.com/watch?v=Hl4bBuluwB8>
- Multiple studies on different sectors / people
- Grit was the determining factor for success.

VIDEO # 2

- GRIT by Angela Duckworth | Animated CORE Message
- <https://www.youtube.com/watch?v=sVWctLEdIgi4>
- Talent counts once – Effort counts twice

QUESTION #1

- What is the meaning of “Grit” reAngela Duckworth?

QUESTION # 1 ANSWER

- The Power of Passion and Perseverance
- Discuss!

DEFINITIONS

- Power - the ability or capacity to do something or act in a particular way.
- Passion - strong and barely controllable emotion.
- Perseverance - persistence in doing something despite difficulty or delay in achieving success.

QUESTION # 2

- What has been known to help develop “Grit”?

QUESTION # 2 ANSWER

- Growth Mindset!
- Discuss!
- What are some examples

DEFINITION

- The belief that the ability to learn is not fixed.
- You can teach an old dog new tricks!!

QUESTION # 3

- What has been difficult during this period?
- Share

QUESTION # 4

- What is the one thing you have clearly improved on during this period ?
- Share

QUESTION # 5

- What is your main goal coming out of COVID for the next few months?
- Share

QUESTION # 6

- What are your dangers?
- Share

GRIT FORMULAR

- Talent X Effort = Skill
- Skill X Effort = Achievement

HOW TO GROW YOUR GRIT

- Develop a fascination – What questions or outcomes are the most intriguing to you?
- Daily improvement – Compete with who you were yesterday! Find time each day
- Greater purpose – What is your purpose? Member of a team? Representing your family., club etc.
- Growth mindset - You can learn and do new things.

GO CAVS

