

Notes from, The Hoops Whispered-Idan Ravin

Deliberate practice has three key components: setting specific goals; obtaining immediate feedback; and concentrating as much on technique as on outcome.

With each accomplishment, superstars like LeBron step closer to the clouds and farther from the ground, which means when they fail at anything even briefly, they seem to tumble harder and faster; being aware of the consequences can make someone less experimental and daring.

But anyone who is willing to devote his life to chasing greatness—and is closer than ever before—will have moments when he astonishes us and others when he disappoints us.

toughness is character not punching power
#rethinkdefinitions

They wondered about his toughness; how could he fit the part if he didn't look the part?

Kobe Bryant and Chris Paul came from two-parent middle-class families, yet I consider them two of the toughest sons of bitches in the game.

To me, toughness means protecting what you love.

To me, “selfish” means being self-reliant, taking care of yourself and worrying about yourself and your family—which means taking complete responsibility for you. Don't expect your coaches to help you; don't expect your buddies to help you; be selfish in your commitment. Survival. This is what it takes. If you're completely committed to you and your development

and your growth, collectively the whole team will get better. Each person's commitment raises the level of accountability and seriousness; when everyone recognizes how serious each person is and realizes what each one has sacrificed, they won't allow for any bullshit. This is why Kobe is the best teammate as well as the worst: because Kobe is completely selfish. And if you aren't as selfish as him, he'll be like, You don't need to be here. The opposite of selfishness, in sports-speak, is wanting only to win. That's the crowd-pleaser, the coach-pleaser, the traditional aw-shucks mind-set that teams want to encourage. Winning sounds cool, but winning in professional sports is almost completely out of a player's control. Think about it:

He didn't get it. They never got it. If replicating what they saw was all it took, then anyone could have guided the Los Angeles Lakers to multiple NBA titles while running the triangle offense. But there's so much more to it. Phil Jackson had something special. He helped his players feel something special, and his players responded by doing something special.

I even fielded calls from television agents and prominent production companies who hoped to capture this magic on camera. But despite their expectations and financial incentives, I don't have a formula or pill to make people amazing. My work involves gradual self-improvement, spiritual transformation and empowerment, joy, reconnecting with childhood, and living by faith, not by dreams; it takes a lifetime to absorb and it doesn't translate into sixty minutes of weekly television.

God gives us the ingredients not the recipe

“Figure out first if they love the game,” I said.

This meant trusting their children to lead, and even limiting the availability of resources. Would the kids still play ball if there were no organized practices, reserved gyms, trainers, trendy sneakers and gear, health clubs, and coaches? I did, and it became my internal proof of how much the game meant to me, as well as the source of my self-reliance, resourcefulness, and discipline.

“Would your child really pocket their allowance to save for a rope to skip at home if the trainer wasn’t available? Would they bound the basement stairs if you canceled the gym membership? Would they run sprints on the coldest days at the park if they didn’t have practice at school? Would they shovel snow to clear a path along the driveway to work on their handle if you wouldn’t drive them to the gym?”

To learn means you have to be willing to try and to fail without concern for the consequences, until the new becomes the familiar and patterns are ingrained—at which point you start again, creating new variables to allow for new adaptations.