

Sheet #1

Create a “go to” Ankle Breaker Move

1. Time is running off the clock and you have the ball....5, 4, 3, 2, 1.....what move do you do / want to be able to do.
2. Find a player/person on youtube that has mastered this move successfully or is successfully teaching the move you like (Copy & paste the link).
3. What are you going to do to work toward this move (how many days per week and how many times will you do your move per day?)
4. Days per week: _____ Times per day: _____
5. Set a timeline that you are comfortable with. By the timeline you've set when will you have this move mastered (month/day/yr)?
6. Note: It is a common idea that 10,000 hours leads to mastery. For now our Torch “comfort” goal is 1,000 reps.
 - $\text{Goal} = \text{days} * (\text{times per day})$
 - $1000 / (\text{times per day}) = \text{days}$
7. Count the number of days to get the official date that you should have reached a “comfort level” with your goal.
8. Lastly, try to keep a video journal of your “go to” move from start to finish. Film yourself every time you practice. Does your move look realistic. Can you see your improvement?