

Lockdown is a good thing!!!

Lockdown is a huge pain, however there is a positive side to it too!

Everyone else is slowing down and slacking off right now, we can use this time to catchup and push ourselves further in life!

We get a break from a lot of our commitments; we can use this time to rearrange our lives and figure out what exactly we like and don't like doing.

We can use this time to plan and properly structure our future instead of meandering through it.

We can also use this time to pick up new hobbies and learn new things!

See... it's not all bad!

Some tips from us here at Blazers, basketball and non-basketball related, starting with what not to do:

What not to do:

1. Learn through unqualified social media creators:

-Avoid trying to learn basketball from social media, watching tiktoks for fun is okay and honestly can be a good thing during this covid period, however watching them to learn skills, is not. Most videos on social media are from unqualified content creators and even though they may seem extremely helpful, usually tend to be a waste of time.

2. Eat excessively:

Most people stuck at home these days are using food for comfort and eating far more than they normally do. As athletes we must make sure we keep our bodies in shape and its of utmost importance that we do not let ourselves fall into bad eating habits!

What to do instead:

Learn efficiently! HAVE FUN! STAY FIT!

1. Learn efficiently!

Staying Motivated

For Mental Health ONLY go to these websites and then you can search around elsewhere if the information you need isn't there.

Beyondblue

<https://www.beyondblue.org.au/>

Blackdoginstitute

<https://www.blackdoginstitute.org.au/>

Basketball

Reliable YouTube channels and social media accounts to learn basketball from:

BNSW

<https://www.youtube.com/user/BasketballNSW>

Byanymeanbasketball

<https://www.youtube.com/user/PJFPerformance>

Pjfperformance

<https://www.youtube.com/channel/UC6K-cvzQldsdHUVnX9ug>

The blazers team will also start putting out content sometime in the near future so be on the lookout for that:

@sydneyblazersbasketball on Facebook, instagram, Tiktok

@sydneyblazers on YouTube and twitter.

If you are trying to improve, remember to also take it step by step, no point in only having a few years of basketball experience and trying to learn by watching the NBA, you are wasting your time!

Start off by watching waratah league games and find a player in those games that is a similar height to you and learn from them!

Just go on YouTube and type- basketball full games Australia then U14, U16 etc. whatever your age group is. Then find a player you like and watch his every move all game.

Here are some videos to get you started.

<https://www.youtube.com/watch?v=URIGILfaWj4&t=49s>

<https://www.youtube.com/watch?v=aD-arV1xY9I>

Habits:

A HUGE thing people don't know is although some things take months on end to get used to, most habits only take a few weeks to develop, 2-3 at most...

So, let's say you are trying to learn to shoot a basketball and need to change your form. At first you are going to have to completely focus every time you shoot and make sure you are doing it correctly. But in MAX 3 weeks' time as long as you stayed focused and did it properly, you will be able to shoot the ball without even thinking and have the proper form.

Same goes for some other habits, let's say you can't live without checking your phone every 5 minutes. Stay focused and tell yourself no! every time you get the urge to check it and after a few weeks you won't even get that urge in the first place.

Very few habits, such as smoking, take a longer time to get rid of. So, whatever you try to learn instead of quitting after 1 day, just tell yourself I only have to suffer for a few weeks, and it only gets easier!

Increase your Productivity for school and other projects:

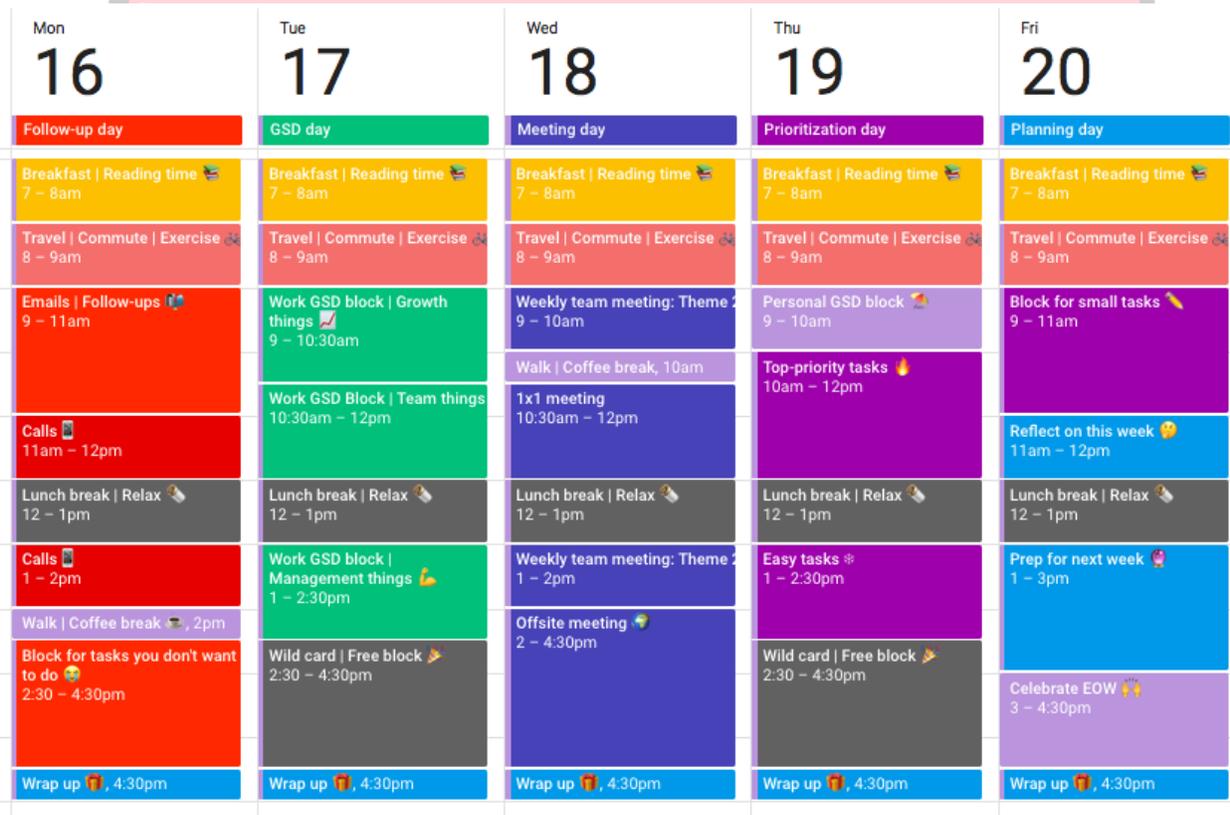
Matt D'avela productivity video- <https://youtu.be/BtiQvhQF8IA>

I use Apple calendar but heres a video about some other apps you can use , <https://www.youtube.com/watch?v=Hv-PQJechjc>

Even using a diary is good if you don't like using apps.

BIG THING!!!! Block out your calendar, start by adding sleep, then your school timetable and then your extracurricular activities and so forth. I attached an example from google images of this below.

Once you start blocking out your calendar you are going to forget about lockdown and all your problems. THIS IS A MUST. You don't even have to follow it immediately but just make sure you start doing it.



Mon 16	Tue 17	Wed 18	Thu 19	Fri 20
Follow-up day	GSD day	Meeting day	Prioritization day	Planning day
Breakfast Reading time 7 - 8am	Breakfast Reading time 7 - 8am	Breakfast Reading time 7 - 8am	Breakfast Reading time 7 - 8am	Breakfast Reading time 7 - 8am
Travel Commute Exercise 8 - 9am	Travel Commute Exercise 8 - 9am	Travel Commute Exercise 8 - 9am	Travel Commute Exercise 8 - 9am	Travel Commute Exercise 8 - 9am
Emails Follow-ups 9 - 11am	Work GSD block Growth things 9 - 10:30am	Weekly team meeting: Theme 2 9 - 10am	Personal GSD block 9 - 10am	Block for small tasks 9 - 11am
Calls 11am - 12pm	Work GSD Block Team things 10:30am - 12pm	1x1 meeting 10:30am - 12pm	Top-priority tasks 10am - 12pm	Reflect on this week 11am - 12pm
Lunch break Relax 12 - 1pm	Lunch break Relax 12 - 1pm	Lunch break Relax 12 - 1pm	Lunch break Relax 12 - 1pm	Lunch break Relax 12 - 1pm
Calls 1 - 2pm	Work GSD block Management things 1 - 2:30pm	Weekly team meeting: Theme 2 1 - 2pm	Easy tasks 1 - 2:30pm	Prep for next week 1 - 3pm
Walk Coffee break 2pm	Wild card Free block 2:30 - 4:30pm	Offsite meeting 2 - 4:30pm	Wild card Free block 2:30 - 4:30pm	Celebrate EOW 3 - 4:30pm
Block for tasks you don't want to do 2:30 - 4:30pm				
Wrap up 4:30pm	Wrap up 4:30pm	Wrap up 4:30pm	Wrap up 4:30pm	Wrap up 4:30pm

2. HAVE FUN!

Watch Professional Basketball Highlights (only for fun don't try copy their moves just yet):

NBA , Euro League, Nbl, Olympics

Heres a few to get you started!

<https://www.youtube.com/watch?v=vScCsVwZldg>

<https://www.youtube.com/watch?v=RPEZtu0ya9A>

<https://www.youtube.com/watch?v=dqquohMVkbb>

Chess!

You can learn of a lot of things from chess, learning chess will have a lot of positive effects on your life and can even help you in basketball. So play it with your family.

Or Play chess online at [chess.com](https://www.chess.com) or [lichess.com](https://www.lichess.com)

You can also download the apps.

Instruments

Learn a new instrument, its super fun once you know how to play them.

Netflix/ Watching movies

Socialise

Keep in touch with friends and family through social media, zoom calls, facetime, and phone calls. Everyday try to communicate with someone that you don't already talk to on a daily basis.

Set goals

Want to ace your next test? Make the NBA? Get better at gaming? Earn more money?

Always make sure your goals follow the SMART format.

<https://corporatefinanceinstitute.com/resources/knowledge/other/smart-goal/>

Weak Goal Example: I'm going to get fit.

SMART Goal Example:

- **Specific:** I'm going to start running daily and train for a marathon.
- **Measurable:** I will follow the Nike app training program to run a full marathon without stopping.
- **Achievable:** I have done some running before, my body is reasonably healthy, and the marathon is 6 months from now.
- **Relevant:** I want to become a fit, healthy, and strong person — I want to be full of vitality, energy, and zest for life!
- **Time-bound:** I have signed up for a marathon 6 months from now.

Video Games

Rocket League is a personal favourite of mine.

Also, there are heaps of rocket league montages on YouTube that are super fun to watch!

S.NO	Popular Video Games Of 2021	Platforms
1	Call Of Duty Warzone	PC, Xbox One, PS4
2	Minecraft	Mobile, Xbox One, PS4, Windows, PS3, Xbox 360, macOS, Linux
3	Animal Crossing: New Horizon	Nintendo Switch
4	Grand Theft Auto 5	PC, PS4, Xbox One, PS3, Xbox 360
5	League Of Legends	Windows, macOS
6	Valorant	Windows
7	Genshin Impact	PS4, Nintendo Switch, iOS, Android, Windows
8	Outriders	PS4, Xbox One, PS5, Xbox Series X/S, Google Stadia, Windows
9	Valheim	Windows, Linux
10	Apex Legends	PS4, Nintendo Switch, Xbox One, Windows
11	Fortnite	PS4, Nintendo Switch, Android, iOS, Xbox One, Microsoft Windows, Classic Mac OS
12	Assassin's Creed Valhalla	PS4, PS5, Xbox One, Xbox Series X/ S, Google Stadia, Windows

3. Stay Fit!

Do MINIMUM 15 minutes of physical activity a day. Some research shows that exercise increases Serotonin levels, Serotonin is the hormone that stabilizes our mood, feelings of well-being and happiness. So during lockdown this is CRUCIAL!

You can download Strava app to track your workouts, it also Gps tracks your runs for automatic time and distance numbers, it also has challenges in there that if you complete you get virtual trophies and accomplishments for, so it can be super fun.

<https://www.strava.com/mobile>

Also don't forget to register for September Saga!

https://www.thinksmartsoftware-au.com/ocr/schedule_view.php?c=5FEDA8BD6978E&p_id=1&t=sportsbiz&set=yes

