



TDE BUILT 4 SUCCESS:

PLAYER'S PLANNER

Prepared by



BUILT 4 SUCCESS

Improving your basketball skills requires dedication and a structured approach. Here's our TDE Built 4 Success Player's Planner to help you set and achieve your goals on a daily, weekly, monthly, and seasonal basis:

[Take Action Video](#)



DAILY GOALS

Skill Specific Training

Allocate time for dribbling, shooting, defense, and other fundamental skills.

Practice each skill for at least 30 minutes to an hour.

Incorporate cardio, strength training, and flexibility exercises.

Analyze professional games or collegiate games and identify techniques and strategies to incorporate into your own game.



Video Examples:

Conditioning Drill

Dribbling Drill

Finishing Drill

WEEKLY GOALS

Set Performance Benchmarks

Choose specific skills (made layups, free throws made, contested shots on defense) to improve upon each week.

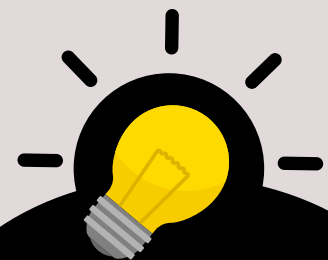
Track your progress and adjust accordingly.

Find pickup games to apply your skills in a competitive setting.
(Work on weaknesses!)

Focus on teamwork, communication, and game scenarios during these games.

Schedule rest days to allow your body to recover and prevent burnout.

Use these days for low-impact activities and to have fun!



Video Examples:

Explosive Strength Drill

Hand & Eye Drill

Shooting Drill

MONTHLY GOALS

Skill Mastery

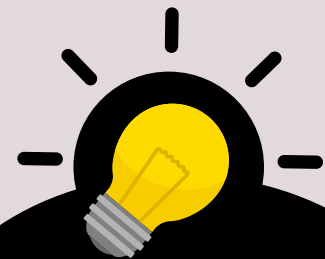
Select one or two skills to focus on improving significantly throughout the month.

Devote extra time and attention to mastering these skills through drills and repetition.

Incorporate visualization techniques and mental exercises to enhance focus, confidence, and resilience on the court.

Practice the power of self-belief and positive self-talk.

Reflect on your progress and areas of improvement at the end of each month.



Video Examples:

Explosive Strength Exercise
Single Leg Strength Exercise
Shooting Drill

SEASON GOALS

Performance Evaluation

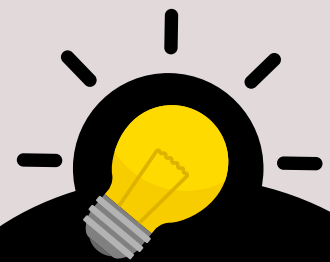
Determine specific long-term objectives, such as, being the teams best defender, best shooter, best teammate etc...

Set goals for the team and discuss with your teammates.

Identify strengths, weaknesses, and areas for further development.

Seek feedback from coaches, teammates, and other experienced players.

Use constructive criticism to refine your skills and address any weaknesses.



Video Examples:

Finishing Drill
Hip Flexor Exercise
Dribbling Drill

YOUR RESPONSIBILITY

This planner outlines specific goals, tracks your progress, and encourages a disciplined approach to both your training and personal development. By setting clear objectives and consistently working towards them, you'll find yourself growing not just on the court, but in all areas of your life. Remember, the dedication and effort you put into this planner will reflect in your performance. Embrace this opportunity to become the best version of yourself, both as an athlete and as a person.

"The harder you work the more lucky you get"



NEXT STEPS

The next five pages will consist of a calendar and space to write down your goals.

At the end of each week during the season we would like you to take the time to reflect on your progress

Did you reach the goals you set for yourself?

Did you include team goals along with personal achievements?

Reflect on any areas where you saw growth and improvement.

Analyze where you did not see improvement and implement steps to take action.

THE POWER OF LONG-TERM THINKING

LONG-TERM THINKING IS THE FOUNDATION OF SUSTAINABLE AND MEANINGFUL GROWTH.

TO ACHIEVE YOUR GOALS, YOU NEED TO BECOME A LONG-TERM THINKER.

IN TODAY'S WORLD, WE ALL WANT EVERYTHING IMMEDIATELY, AND WHEN WE DON'T GET IT, WE GIVE UP.

PRACTICE VISUALIZATION AND SEE YOURSELF ACHIEVING YOUR GOALS BEFORE YOU ACTUALLY DO.

STAY THE COURSE AND BELIEVE IN YOURSELF.

WRITING DOWN YOUR THOUGHTS FORCES YOU TO TAKE ACTION, REFLECT ON YOUR GROWTH, AND PRACTICE GRATITUDE FOR HOW FAR YOU HAVE COME.

FOCUSING ON LONG-TERM GOALS AND STRATEGIES RATHER THAN SHORT-TERM GAINS WILL HELP YOU BUILD A MORE SUSTAINABLE AND SUCCESSFUL FUTURE.



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DAILY GOALS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

DAILY GOALS

THOUGHTS IDEAS
REFLECTION

WEEKLY GOALS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

WEEKLY GOALS

THOUGHTS IDEAS
REFLECTION

MONTHLY GOALS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTHLY GOALS

THOUGHTS IDEAS
REFLECTION

SEASON GOALS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SEASON GOALS

THOUGHTS IDEAS
REFLECTION

EXTRA
NOTES
