

21 Day Challenge

Nutrition

Sleep

Mindset

Basketball
Skills

Exercises



SPLASH

BASKETBALL CAMP

By: Coach Sordello

The hardest part of starting anything worthwhile is usually the start. Remember to give your best effort and keep track of the challenges you successfully complete, and do not on the challenge tracker. Email splashbasketballcamp@gmail.com to have your 21 day tracker sent to you.

Some of you may also be wondering why the challenge is 21 days? 21 days is a sweet spot to form new habits! Hopefully after the challenge you will take away some new ideas that will not only help you in basketball, but also in your health and life.

DAY 1

Basketball Skill: 4 sets of 50 pound dribbles with dominant hand, 100 with non dominant and 50 crosses. Remember, a pound dribble you are dribbling the ball as hard as you can, while controlling the ball below your waist.

Exercise: 4 sets of 10 push-ups. This means you are doing 10 push-ups, 4 times getting in a total of 40 push-ups. Put your hands on a chair or elevated surface to make the push up easier. Put your feet on a chair or elevated surface to make the push up more challenging.

Nutrition: Before each meal have a cup of water, 6-8 ounces. Drinking water before meals will help your body digest what you ate better and will give your body a better sense to go in for seconds or not.

Sleep: Go to bed 15 minutes earlier than you normally would. If your bedtime is 9:30 pm (same as Coach Sordello) tonight the lights are out at 9:15pm. Plan accordingly!

Mindset: On a piece of paper or in a journal, write down one goal you would like to accomplish during the next 21 days. Post your goal where you can see it every day. Example goals listed below.

- Give my maximum effort and focus towards each challenge.
- Practice an additional 15 minutes a day on my ball handling.
- Do 5 push-ups every time I walk in my room.

Don't eat any packaged foods for the entire Splash Challenge.

- Remember to take a deep breath any time I feel like I am losing my focus, concentration, or cool



If it doesn't challenge you, it won't change you.

DAY 2

And we are off with the 21 day challenge. I hope you all had a successful first day with the 5 challenges and are ready for day 2! Keep track at the end of each day by marking the tracker to see if you completed each challenge. It may help to do the exercises and basketball skill challenges at the same time each day to get yourself in a routine. Just like brushing your teeth.

Basketball Skill: 3 sets of 25 form shots while sitting. Sitting on your bottom in an upright position, shoot the ball up where it will fall right back down to your hands. See if you can get backspin feeling the ball roll off your fingers. Also try to focus on your shooting elbow being directly under the ball when you shoot. You don't always need a hoop to work and get a feel for your shot.

Exercise: 4 sets of 10 squats. Squats target the leg muscles, predominantly the glutes (bottom muscles) and quadriceps (thigh muscle). Move slowly on the squats, going down for a count of one and up for a count of one.

Nutrition: Sticking with hydrating-drink 1 large glass of water after you wake. If you're reading this later in the day, drink a full cup of water now and try getting your glass of water in tomorrow when you wake up. Feel free to squeeze some lemon and add a pinch of sea salt to the water. Staying hydrated is crucial for focus, concentration, and performance. Our body and brain are mostly H₂O. Stay hydrated!

Sleep: No food or snack 1.5 hours before bed. Eating too close to bed can spike your blood sugar making it harder to fall asleep and negatively affecting the quality of sleep you get.

Mindset: Pay attention to the thoughts that go through your head and what you tell yourself. Today's mindset challenge is focusing on our self-talk. Would you talk to someone else the same way you talk to yourself? I've heard kids say, "I'm such a screw up," "there's no way I can do that," or "why am I so bad?" I don't think they would talk to their teammates in that manner. If you catch yourself speaking down on yourself, recognize it and speak again to yourself in a different way and tone. It'll make a difference with your attitude and self belief.



Don't put up a zero.

DAY 3

When I was in Elementary school and Junior High School nutrition, sleep, training, and mindset never really crossed my mind. I would practice a lot of basketball, but that was mostly it. Being aware and exposed to other aspects to being a complete player give you an advantage over the players who practiced like me growing up. Food, sleep, mindset, and training are all pieces to the complete player puzzle

Basketball Skill: 5 sets of 25 pound dribbles (waist height) and 25 tap dribbles (low dribble) right and left hand. In total you will get in 500 dribbles with this drill, 250 right hand and 250 left hand.

Exercise: 4 sets of 30 second planks or 2 sets of 1 minute planks. Planks target your abdominals, shoulders, and back-all important basketball muscles. BTW the world record for longest plank is 8 hours and 15 minutes

Nutrition: Add a serving of a green vegetable to one of your meals today. Options could include lettuce, spinach, broccoli, brussel sprouts, zucchini, kale, etc. Eating green veggies are great for your muscles and bones and help boost your immune system.

Sleep: No screens 1 hour before going to bed! This might be the hardest challenge yet. No phones, tv's, computers, and tablets.

Screens produce blue light which tricks our brains into thinking it is daylight. This makes it harder to fall asleep and while we are asleep we don't get as good of quality.

Mindset: 12 deep breaths. 5 second inhale and 5 second exhale. This breathing exercise will take you 2 minutes. Why are we taking deep breaths for a mindset practice? Controlling your breath in the middle of a game could be the difference between making a good play or not. Controlling your breath helps control your mind.



Hard work doesn't guarantee success, but improves its chances.

DAY 4

Let me know by email what your toughest challenge has been. I like to hear from you and get feedback on how you are doing! I'll be sending the challenges the night before so you can see what the 5 challenges will be for the next day.

Basketball Skill: Balanced Maravich drill. Standing on 1 leg with 1 leg up wrap the ball around your leg that is up and then the leg that you're standing on. See if you can do 20 total wraps (10 each leg) alternating between legs. Switch legs and try on the other side. Try 2 more sets on each leg for a total of 3 sets on each leg. It's one of Steph Curry's go to warm up drills.

Exercise: 12-15 minute run. Set the timer and go for a run. Being in good physical condition is a must to be a good/great player. You choose the intensity, but see if you can go for at least 12 minutes without stopping. Can't run outside? Set the timer and run in place. No excuses.

Nutrition: Add an extra serving of fruit today. Usually eat 2 fruits during the day? Add 1 more to make it 3. Fruits are an excellent source of vitamins and minerals. My go to fruits are blueberries and kiwis. What's yours? Sleep: Do a calming activity 30 minutes before your bedtime. Read, write, meditate or do mindfulness. Do something that will let your body and mind know that it is time to wind down and get ready for a great night of sleep. Hint: Being on your phone or screen is not a calming activity and is actually the opposite.

Mindset: Find a "Go To" saying you could, well, go to! Whether you are in training, practicing, or playing in a game, find a saying that will help you focus on the upcoming drill, rep, or play. Some of my favorites are "get the next one," "c'mon, you got this," "focus forward," "next play," "shake it off," or "deep breath." It all depends on the context, meaning where you are and what you are doing. So you might have different "Go To" sayings depending on what you are doing.



Little by little, a little becomes a lot.

DAY 5

I hope you all had a successful day with the challenges yesterday. And by successful I do not necessarily mean that you did all 5 challenges perfectly. Struggling and failing is part of getting better! So next time you mess up, smile and keep at it.

Basketball Skill: 50 shots at a hoop or in the air. Think about the acronym B.E.E.F. B: Balance-feet apart, about shoulder width.E: Eyes-aim small and focus your eyes on the rim. I like to focus on the front hook that holds the net up that I am aligned with.E: Elbow-Elbow in or Elbow under the ballF: Follow through/Finish- Flick your shooting wrist and finish with your shooting elbow above your eyes.

Exercise: 3 sets of 10 Burpees. Optional to add a push-up at the bottom of your burpee. Remember to jump as high as you can to finish each burpee. The burpee is a wonderful full body exercise that works your arms, core, and legs.

Nutrition: No sugary drinks today. Stay away from sodas, sports drinks, juices and any other drink that has sugar. Remember 4 grams of sugar is equal to 1 teaspoon of sugar. So if a drink has 20 grams of sugar that is equivalent to 5 teaspoons of sugar.

Sleep: Make your bedroom a sleep sanctuary-a place where you are comfortable and cozy. Keeping your bedroom at a cooler temperature helps with deep sleep. Deep sleep is when our body and muscles recover best. Each person's ideal temperature varies, but if you can, try to keep your room around 65 degree fahrenheit. Fans, air conditioners,

or keeping your window open (if safe) will help keep your sleep sanctuary cool.

Mindset: Imagery is a technique where you picture or visualize yourself doing something before you do it. It can be used for anything, not just basketball. For this practice however I'd like you to visualize yourself shooting your perfect shot. Try to incorporate as many senses as you can (touch, sight, sound, smell, and taste). Do this before you go out and shoot today and it will be like you practiced beforehand because guess what? Your brain does not know what experiences are real and what aren't.

A study conducted by Dr. Biasiotto at the University of Chicago was done where he split people into three groups and tested each group on how many free throws they could make. After this, he had the first group practice free throws every day for an hour. The second group just visualized themselves making free throws. The third group did nothing. After 30 days, he tested them again. The first group improved by 24%. The second group improved by 23% without touching a basketball! The third group did not improve which was expected. Imagine what you could do if you implemented both practice and the mental rehearsal technique of visualization. The sky's the limit. You can apply this to all sports and if you do, it can do wonders for you and your team.



Competitive sports are played mainly on a five inch court, the space between your ears.

DAY 6

Basketball Skill: 1000 dribbles workout. 100 right hand pound dribbles X 2, 100 left hand pound dribbles X 2, 100 crosses X 2, 100 right hand tap dribbles, 100 left hand tap dribbles, 100 right hand V dribbles, and 100 left hand V dribbles. Do all these moves for a total of 1,000 dribbles!

Exercise: 7-10 sprints of about 40 yards. One of the best ways to get stronger and faster is by sprinting! Find an open area and get your sprints on. An open field is perfect for this exercise. Can't leave your home? Do 7-10 sets of 50 high knees in place moving your legs and arms as fast as you can.

Nutrition: No packaged foods. This is a hard one! Packaged foods usually include anything that is wrapped up like cereals, frozen meals, pop tarts, etc. Packaged meals are typically processed and contain ingredients that don't help our bodies and health.

Sleep: Continuing with making our bedroom a sleep sanctuary, tonight let's try to make your room as dark as possible (yesterday was setting the room to a cool temperature). A dark room sets your body and brain for sleep. Light does the opposite. If you feel more comfortable sleeping with a light in your room, try to see if you can find a dim night light.

Mindset: Reframing. Reframing is good to use with self-talk, our day #2 mindset challenge. For example, if you were to say that I am not a good dribbler and I can't do a lot of these moves. A reframe could be, "I am doing my best and if I keep this effort I will get some of these dribble moves." Reframing is adding a positive twist to your negative saying.



Sleep is an investment in the energy you need to be effective tomorrow.

DAY 7

Happy day # 7 of the challenge. 1/3 complete after today. 35 Challenges hopefully completed. I'm proud of your efforts. I enjoy your receiving your emails letting me know how you are doing or if you have any questions.

Basketball Skills: Mikan Drill-3 sets of 20 shots, 10 right and 10 left. You might have to google this one, but you shoot a put back shot on the right, grab the rebound and shoot on the left side of the hoop. Keep with this pattern until you shoot 20 total shots. That is one set, try again two more times for 3 total sets.

Exercise: Jump rope, 4 sets of 50-100 jumps. If you don't have a jump rope, just pretend you are turning the rope. If you have experience with the jump rope try to get closer to 100 jumps per set.

Nutrition: Eat a serving of healthy fat. Fats get a bad rap. Many people think if they eat fat it might make them fat. The truth is there are healthy fats and unhealthy fats. Healthy fats are in avocados, nuts, olive and coconut oil, salmon, dark chocolate, eggs, chia seeds, greek yogurt. Unhealthy fats are mostly found in processed (packaged) foods.

Sleep: Sound-Make sure your sleep doesn't get disrupted by sounds. Make sure electronics and phones won't go off during your sleep in the middle of the night. I like to sleep with the fan on, even on cold nights. The sound of the fan blocks out other sounds and helps with sleep.

Mindset: Write down on a piece of paper or journal 3 challenges you are proud of yourself for completing and explain why you chose those 3. Reflecting on your accomplishments is important to help keep an upbeat mindset. Be proud of your efforts!



You win some and you learn some.

DAY 8

Onto the 2nd week of the challenge. Stay focused and give your best and good things will happen. Day #8- Your 5 Challenges:

Basketball Skills: 3 sets of 20 Free-throws with your routine (see mindset challenge). Keep track of how many you make each set. No hoop, go through your routine and shoot the ball in the air and down to your hands or off a wall. By the way, the average NBA free throw percentage is 73%.

Exercise: Push-ups, round 2! 5 sets of 8-10 pushups. Remember you can elevate your hands (slightly easier), do normal push ups on the floor (challenging), or elevate your feet (hardest).

Nutrition: No second servings. This one is hard for me! Eat only what you serve yourself for your meal and not go back to get more. Know this beforehand so you give yourself plenty of food for your first serving.

Sleep: Box breathing. Before going to bed, do 5-10 cycles of box breathing. The Navy seals practice this technique to calm themselves in stressful situations. Doing the box breathing before bed will calm your body and prepare yourself for a great night of sleep

Mindset: Free throw routine-If you don't have a free throw routine, it is time to set one! Having a routine at the free throw line helps with your focus, nerves, and preparation for your free throw. For example, my free throw routine is take two dribbles, focus on the front of the rim and shoot.



Whether you think you can or think you cannot, you're right.

DAY 9

Basketball Skill: Scissor Dribble. 5 sets of 20 scissor dribbles where you dribble the ball through your legs in the split stance. If this is too difficult, work on the scissor move and pretend to have a ball. Getting the motion down will help you when it's time to add a ball.

Exercise: Defensive slides. Slide to the right 3 times then slide back to the left for 3 slides, that's 1. Do 5 sets of 8 defensive slides. Stay low on the slides, don't have your feet cross, and move the hands. This exercise works on foot quickness and of course your defense.

Nutrition: Make a fruit smoothie. Banana, berries, honey and almond milk make a great smoothie. First time making a smoothie? Experiment and use fruit you have around. Don't have a blender? Make a fruit bowl.

Sleep: Make sure you are in bed at least 9 hours before you have to wake up. If you are in Elementary school you should be in bed at least 10 hours before waking up. If you wake up at 7:30 am, you should be in bed no later than 10:30pm.

Mindset: Write down 3 strengths you have when it comes to basketball. Are you a good shooter, dribbler, passer? Do you play really good defense or are a good rebounder? Come up with 3 and when you practice, work on those areas. Go from good to great with your strengths and you will become that much better as a player.



Do your best and forget the rest.

DAY 10

We've reached the double digit mark! I hope day 10 goes well for you all. Give it your best, stay focused, and bring the joy to each challenge.

Basketball Skill: 50 finishes around the hoop. Lay-ups, reverses, finger rolls, high off the backboard, or use of spin off the backboard. The choice is up to you, but you got to make 50 of them. Too difficult to make 50? Get 50 high quality finishing shots up, and don't worry about make or miss.

Exercise: Go for a 20 minute or longer walk. Walking is great for your health and an exercise we shouldn't take for granted. Walking is great for heart and brain health. If you had a difficult training or a strenuous game, walking can help with sore muscles and the recovery process. Be safe when you walk, go with a family member and watch out for cars.

Nutrition: Avoid any foods today that contain high fructose corn syrup. We've talked about sugar and packaged foods in 2 other challenges so far. Before you eat or drink anything today, check the ingredients label on the food. If corn syrup is listed as an ingredient avoid that food for the day. Bonus if you look at all the packaged foods in your pantry and check which foods contain this unhealthy ingredient.

Sleep: Have tea or warm water an hour or two before bed. Make sure the tea does not have caffeine and you don't consume it too close to bed time otherwise it might keep you awake. My favorite night time tea is chamomile. If you don't like tea, warm up some water and put a drop of honey in the tea.

Mindset: Think about what your role would be on a team. Your role might be different if you are on multiple teams. If you don't know your role, ask your coach what he/she would like from you. Understanding your role helps with your decision making during the game. You won't try to do too much and you will play to your ability that best suits yourself and the team.

Example of roles on a team: Shooter, defensive stopper, rebounder, team captain, run the offense, bring the energy, and ball handler to name a few.



You don't lose if you get knocked down, you lose if you stay down.

DAY 11

We have reached the halfway point of the challenge. I hope you have learned or taken something away from the 55 challenges so far, even if it's just one thing. Keep working hard and stay with me until the end!

Basketball Skill: Take 50 shots off the dribble, 25 to the left and 25 to the right. Start in triple threat, dribble once and shoot. Just 1 dribble! Start in a range you are comfortable pulling up for a shot in. No hoop? Same as with a hoop. Try to get to an outdoor area so you can shoot the ball into the air. The focus is on the 1 dribble to a shot. We'll go over this move at the Zoom session also.

Exercise: Squat jumps. 5 sets of 10 for 50 total jumps. Same motion as the squat, but on this exercise when you get to the bottom of the squat you are going to explode up to a jump. Jump as high as you can. Part of jumping higher is jumping more!

Nutrition: Have an egg or two today. Eggs are very nutritious and contain many vitamins and minerals that are great for the body and brain. Try them scrambled, hard/soft boiled, poached, or over easy. Don't be afraid of the yolk also, that is where all the nutrients are! If you are allergic to eggs, I'm sorry. Consume something else healthy in place of eggs.

Sleep: Get outside in the morning and get some sun. It sounds crazy, but getting morning sun within 1 hour of waking up in the morning helps you fall asleep faster at bedtime. Your body has an internal clock and the rays from the sun let your body know it's time to start the day. Even if it's cloudy you can still set your internal clock with morning

sunlight.

Mindset: Perspective is everything. When you're having a bad practice, bad game, bad training, or bad day, realize that it will get better. Think of how you can use perspective when you are playing, practicing, or training. When I am playing in a game I absolutely want to win. But I realize if I don't it is not the end of the world and I should be grateful that I get to play such a fun game. If you miss a shot is it really a big deal? If you really think of it, basketball is pretty silly. We are trying to put a ball through a hoop more times than the other team. If you're hard on yourself, practice gaining perspective and your misses and mistakes won't seem as doom and gloom.



Today only happens once. Make it amazing.

DAY 12

I know you all are busy with school and possibly other matters. As a piece of advice, see if you can complete the exercise and basketball skill earlier in the day, maybe even before school. The longer you wait to do something the less likely you are going to do it.

Basketball Skill: Set the timer and dribble for 5-10 minutes. This is free-style dribbling. Work on both hands, get creative, move around, and have fun with it!

Exercise: Tibialis raises. 3 sets of 15 reps. Start with your back against a wall. Put your feet out and lift your toes upwards while on your heels. Bring your toes as high as you can and back to the ground. That counts as 1 rep. Go slowly and you should feel the muscle by your shin (tibialis) working. Strong tibialis muscles help with jumping higher.

Nutrition: Take half your body weight and drink that amount in ounces of water. If you weigh 100 pounds you are trying to drink 50 ounces of water throughout the day. Remember staying hydrated helps with your energy, focus, and how you feel overall.

Sleep: Write out anything on your mind before going to bed in a journal or paper. It could be a task you have to do tomorrow, something you might have to do for school, or something you don't want to forget. Writing in a journal helps clear your thoughts so your mind isn't racing when it is time for sleep.

Mindset: Find what gets you "in the zone." In sports psychology this is called optimal arousal. When we are playing in a game we don't want to

be too pumped up or the opposite and not excited. You want to be in an optimal state to perform well. If you are one who is pumped up easily, maybe you could benefit from doing breathing exercises or talking with a friend/family member before a game to calm your body and mind. If you need pumping up, you could listen to your favorite music or watch some highlights of your favorite player. For me, I like a mixture of both while repeating my go to phrases/words in my head.



**Continuous effort, not strength or intelligence,
is the key to unlocking your potential.**

DAY 13

The difference between getting good at something is putting in the work when you don't necessarily feel like it. The top basketball players train on days they feel good and up to work out, but also, and most importantly, on days they don't. That is the major difference between professionals and amateurs. So when you don't feel like doing a challenge, take it as a sign to push through and do something even when you don't feel like doing it.

Basketball Skill: The Donovan Mitchell combo move. This move is 4 total dribbles. A pound dribble, a crossover, between the legs, and behind the back. Set the timer for 1 minute and see how many times you can go through the combo move. Try the move 3 times for 3 total minutes and try to improve on your previous score.

Exercise: 3 sets of 15 pushups (your choice of pushup) and 3 sets of 30-45 second plank. Do 1 set of pushups and then go to your planks. Then repeat each exercise 2 more times for a total of 3 sets.

Nutrition: Track your protein consumption throughout the day. Protein is good for building and keeping muscle. See how many grams of protein you eat for the entire day. A good rule of thumb for protein is to eat around half your body weight in grams of protein. So if you are 100 pounds you would eat around 50 grams of protein. Good sources of protein come from meat, chicken, greek yogurt, eggs, nuts, cheese, nut milks. You might be able to see if your body is sensitive/allergic to dairy by how you feel after eating/drinking.

Sleep: Go to bed and wake up within 30 minutes of when you usually

would during the week. Keeping the same bedtime and wake up schedule 7 days a week helps set your body's clock. I also have found going to bed and waking close to the same time everyday makes it easier to fall asleep at night and be ready to go in the morning.

Mindset: Confidence. Write down 3 things you can do to be a more confident basketball player. Confidence is important to have in any sport. How do you increase your confidence? By practicing and doing things outside your comfort zone. Confidence is not something you can turn on when you need it. So if you're lacking confidence, keep practicing, keep training, keep improving, and over time your confidence will grow.



Good better best never let it rest until your
good is better and your better is best.

DAY 14

You are two thirds through with the challenge after today! I appreciate you all sticking with it. If you have missed some challenges, it's ok. Today is a new day with new challenges. Let's finish the challenges on a good note.

Basketball Skill: 30 rebounds and put backs, 15 on the right side and 15 on the left side. Toss the ball off the backboard, on the side of the hoop. Jump up and rebound the ball above your head, jumping as high as you can. Come down with the rebound and go back up and try to score. Everyone can rebound, no matter your size.

Exercise: 8-10, forty yard backward sprints. One of the best ways to increase your speed is through running backwards. Sounds crazy, but sprinting backwards works the opposite muscles you use going forwards. Please be safe doing these. It's best to do it in an open area and start the first couple of backwards sprints slowly and get faster with each sprint.

Nutrition: Omega 3's. I'm not sure if you have heard of Omega 3's, but they are healthy fats and something your body can't make on it's own. Consume something that is high in omega 3's today. Top sources of Omega 3 include shrimp, salmon, beef, eggs, flax seeds, chia seeds, walnuts, hemp seeds, brussel sprouts, and olive oil. Omega 3's are great for improving muscle growth, brain health, and strengthening the immune system.

Sleep: No screens at least 1/2 hour before you go to bed. I can't express the negative effects blue light has on your sleep. Blue light is

emitted from screens (phones, tablets, t.v.'s, and computers). The blue light tricks your brain into thinking it is daytime and negatively affects your sleep. So cut the screens 30 minutes prior to bed.

Mindset: Come up with at least 2 affirmations. An affirmation is a short, powerful, positive statement. Repeat your affirmation when you wake up and before you go to bed. If you say it over and over you'll put yourself into your positive affirmation everyday. Affirmation ideas: I am proud of myself. I do not give up. I can make a difference. I love working hard and learning. I am a great teammate. I give my best effort with everything I do. I am an enthusiastic person. I believe in myself.



Be the best version of yourself in anything
you do.

DAY 15

On to the final week of the Challenge! I believe now more than ever it is easy to make excuses. Some excuses are warranted, but the top players find a way to get their work in. An example of an excuse I hear often is I couldn't do the challenges because I had a lot of homework. Yes, homework is important and I'm not saying you should not do it. But, put importance to your challenges. Put them in your schedule and block out 30 minutes of your day to get them done. You can do it.

Basketball Skill: 3 pound dribbles to a cross. I'll leave it up to you what type of cross you want to work on whether it is between the legs, behind the back or a regular crossover. Get 50 total crosses in.

Exercise: Bear crawl. Crawl forward for 6 steps and back to your starting position. Do this 10 times and take breaks when needed. This is like a crawl except your knees are off the ground. The only thing contacting the ground are your hands and toes. The bear crawl is a wonderful core and shoulder exercise.

Nutrition: No snacks today. The only time you get to eat is during your meal so for breakfast, lunch, and dinner. Most of the time we snack because we are bored and don't have anything to do. If you find yourself wanting to snack, distract yourself with another productive activity and make sure you eat well during your 3 meals.

Sleep: Get to bed 15 minutes earlier than you normally would. You will be glad you did the next day. You may even wake up earlier and get a head start on your challenges
Mindset: Make your bed You did read that correctly! There's a popular book called, "Make your Bed," written by

a Navy Seal officer. His reason for making your bed everyday. "If you make your bed every morning, you will have accomplished the first task of the day. Completing one task successfully starts you off on the right foot and will hopefully lead you to do another, and another, and another." So make your bed.



"It is better to offer no excuses than a bad one.

DAY 16

Yesterday's no snacking challenge sure was, well, a CHALLENGE! Did you all make it through the day without snacking? My go-to snacks are nuts and dark chocolate and it was hard to stay away. What's your go to snack?

Basketball Skill: 50 shots while laying on your back. Shoot the ball up to yourself while laying on your back. The ball should come back down to your hands. This is a different version while sitting up (your day #1 challenge). Focus on your follow through and the ball rolling off your shooting hands fingers. The last two fingers that the ball should roll off are your middle and pointer fingers.

Exercise: 30 seconds of high knees for 3 sets and 3 sets of 30 seconds of bottom kicker for 3 sets. I like the high knees and the bottom kickers because it covers a wide range of movement for the legs and stretches the hips, quadriceps, and hamstrings. You can do these in place or in an open space. Go as fast as you can with both.

Nutrition: Have at least 3 servings of vegetables. You might have heard the phrase to eat the rainbow. Typically different colored veggies contain different vitamins and minerals. So eating a variety of vegetables and colored foods helps your body get the nutrients it needs for energy and to feel good.

Sleep: Move or cover the alarm clock by your bed. Sometimes having a clock that you can see during the night can cause sleep problems. If you wake during the night, try not to look at the clock. The only time you need to know is when you go to bed and when you wake up from either

the alarm, someone waking you, or your body's natural alarm clock.

Mindset: Compartmentalize. This fancy word means you are breaking down a large and possibly daunting task into smaller, doable tasks. Let's use the exercise challenge above for an example. We have 6 total (3 sets of high knees and 3 sets of bottom kickers). Focus on 1 set at a time, giving it your best for the set that you are on. When you finish the first you can mark it off that you completed the set and then put all your focus on the next set. Do this until you finish all 6 sets. You can literally write down the numbers 1-6 and put an X through each number when you complete the set. I do this all the time when working out and it helps me stay focused on the set that I'm on, not how many more sets I need to do or how many I have done.



Don't let what you can't do stop you from
doing what you can do.

DAY 17

Basketball Skill: Maravich drills. Wrap the ball around your legs, waist, and head. Do 20 going one direction at each level and then 20 the other way. Do 3 total sets and see if you can wrap the ball a little faster each set. This is great ball control and manipulation practice. Remember the goal is for the ball not to hit the ground.

Exercise: 5 minutes of burpees. Set the timer and see how many burpees you can do in 5 minutes. A very solid score would be doing 50 or more burpees. This exercise is a great reminder that you don't need a lot of time or equipment to get a great workout in.

Nutrition: Help with making/cooking a meal whether it be breakfast, lunch, or dinner. I'm not talking about microwaving something. Cooking at home is proven to be healthier than getting take out as you take control of what is going in your food.

Sleep: Make your last playtime or exercises 3 hours before going to bed. You don't want to be doing your 5 minute burpee challenge right before bed or any exercise for that matter. Playing or exercising too close to sleep time makes it hard to go to sleep. So plan accordingly.

Mindset: Reflect on the entire Challenge so far. Think about how your effort has been, if you have done all the challenges, or you've missed an entire day(s). Reflecting is powerful to help get you back on track or help you continue going forward. Bonus points if you write down your reflections on paper.



It's not how you start, it's how you finish

DAY 18

I'm here if you have any questions about anything basketball and health related. Ask away. Questions are something I wish I asked more of as a kid and something I still need to do more of as an adult. If you don't ask, you don't know.

Basketball Skill: Go for 1 minute. Dribble the ball 5 times and go behind the back to your other hand. Repeat this behind the back move for 60 seconds and see how many behind the back crossovers you get. Go 2 more times for a total of 3 sets and try to beat your previous score.

Exercise: Patrick Step up. 3 sets of 10 for each leg. Use a step or a stair balance on one leg. Have your other leg out and slowly go down until your heel touches the floor then spring back up. That is one rep. In total you are going for 30 reps for each leg. Find a smaller step if it is too hard or a bigger step if it's too easy. Patrick step up exercise

Nutrition: Try a "healthy" dessert. If you always go for ice cream or candy after dinner try having something more nutritious. Fruit is wonderful to fill the sweet tooth. My favorite healthy snack is blueberries, almond butter, coconut flakes, dark chocolate, and macadamia nuts mixed together.

Sleep: Turn your electronics off or put them in airplane mode. I use my phone as an alarm clock, but I put it in airplane mode before bed. This way I know I won't get any notifications throughout the night. Your electronics will also not emit any EMF's (electromagnetic fields) while in airplane mode.

Mindset: Take note how long you are on your electronics for non-school work. TV, video games, youtube, social media, and other games are all time suckers. Try to keep the amount of time on your electronics at a reasonable amount or at least take notice how much time each day you are on your devices. Your mind and mental state will thank you for less time on your devices.



Judge a person by their questions rather than their answers.

DAY 19

Basketball Skill: 8 minutes of freestyle dribble. Move around whatever space you're working in and dribble the ball. Work on various moves, but make sure you're dribbling with both hands for 8 minutes! The more time you spend with the ball the better you'll get!

Exercise: 3 sets of 8 plank push-ups. Go from a forearm plank to a push up plank position, back down to your forearms, that's one rep. Try to get 8 repetitions in for 3 sets-24 push-up planks in total.

Nutrition: Eat a salad with protein. I didn't start eating salads until I was in my 20's and I wish I started when I was your age! Salads can be tasty too by the way. Add your choice of protein (eggs, chicken, meat, nuts), and other veggies and fruit (bell peppers, avocados, broccoli sprouts). I like to use olive oil and vinegar for the dressing with a squeeze of lemon. Be careful of most commercial dressings as most are full of sugar and unhealthy vegetable oils (canola oil).

Sleep: Have a kiwi and a teaspoon of honey or both an hour or two before bed. Both are shown to help with sleep quality and prevent middle of the night awakenings.

Mindset: Set a basketball goal on what you will practice and work on everyday for the rest of November. You hopefully wrote a goal to achieve on day #1 of this challenge. Today your goal is focused more around basketball and what you want to work on for the remaining 12 days of November. Here are some example goals: Make 50 shots per day. Work on my ball handling for 10 minutes everyday. Practice my shooting form against a wall for 15 minutes in the morning. Play 1-1

against my friend every evening. Post your goal where you can see it everyday!



If you can't measure it, you can't improve it.

DAY 20

Basketball Skill: 3 sets of a V dribble to a crossover (your choice of cross), 15 times. The Youtube link is of me demonstrating and it's the first combo move in the video. V dribble to cross

Exercise: ATG split squat on a box or step. Try 3 sets of 8 reps per leg. This is similar to a lunge, but deeper. Check out the second half of the video of the guy demonstrating the exercise with one leg elevated. ATG split squat

Nutrition: The 80/20 rule is a good rule to follow when it comes to eating. 80/20 implies that 80% of the time you are eating healthy, whole foods. 20% of the time, you can be a little more lax with your dietary choices. Today, see if you can eat mostly healthy, about 80% of what you consume.

Sleep: Only use your bed for sleep today. Don't do school work, be on an electronic, or hang out on your bed. We want our brains to know that the bed is for sleep and sleep only.

Mindset: Practice visualizing yourself doing the basketball skill today before trying your first set. Feel yourself going through the 15 crossovers after each V dribble before attempting the first set.



It's better to do less than you hoped than nothing at all.

DAY 21

We made it! Day 21. Thank you all for participating in the first ever Splash Challenge. If you put a little bit of work in every day towards your craft, basketball or not, you're making much larger strides compared to not doing anything.

Basketball Skill: 21 buckets. Go to a hoop and make 21 shots. Your choice of shot- layup, free throw, 3 pointer, NBA 3! Don't leave the court until you MAKE 21.

Exercise: 2 sets of 10 from four exercises we have done during the challenge. You create your mini workout and know you can do this whenever you want. All you need is your body to exercise!

Nutrition: There's a saying called "Hara Hachi Bu." It means to eat until you are 80% full. This will allow your body to digest what you ate properly and you'll feel much better afterwards. Notice how you feel during your meals today and stop before you are super full.

Sleep: Take a warm bath or shower about 1 hour before bed. A drop in your body's temperature from the shower or bath helps signal to your body that it's time for bed. Add epsom salt to your bath for muscle recovery and relaxing benefits.

Mindset: Growth mindset. You all may have heard of this saying from your teachers or coaches. I am 100% in on the concept of having a growth mindset versus a fixed mindset. Think about a basketball skill or something related to basketball that you might have a fixed mindset on. What can you do to change it towards a growth mindset? Growing up, I

had a fixed mindset. I never believed I could make the NBA. It was in my mind and I would say that as a response to what I wanted to do when I got older, but I never truly believed it or lived it. Who knows, if I had a growth mindset I may have trained differently, ate differently, exercised differently and listened to my coaches differently. The mind is a powerful tool and if I started at a young age who knows what could have happened.



If you believe, you can achieve.

Exercises in the Challenge:

- Pushups
- Squats
- Planks
- Burpees
- Sprints
- Backward Sprints
- Tibialis Raises
- ATG Split Squat
- Patrick Step Up
- Bear Crawls
- Pushup Planks
- High Knees
- Bottom Kickers
- Squat Jumps
- Slides
- Walking



Nutrition tips:

Stay hydrated

- Drink half your body weight in ounces



- Have a large glass of water upon waking up. Add lemon and a pinch of salt for extra rehydration benefits.
- Have a glass of water before your meals to help with digestion and to help prevent over eating.

Limit sugary & Processed foods

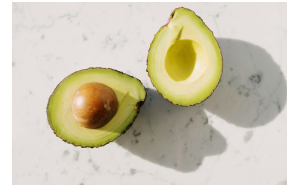
- The number 1 source of sugar for kids is through what they drink. Stay away from sodas, specialty coffees, energy drinks, and even sport drinks. They are loaded with sugar.
- 4 grams of sugar = 1 teaspoon. If an item has 20 grams of sugar that is equivalent to putting 5 teaspoons of sugar into your body. Be mindful of your sugar intake.
- Sugar plays a significant role for people being over weight and obese. If you want to lose some pounds or a lot, the amount of sugar you consume is something you'll want to address.
- Food that comes in a package has a good chance that it was processed. Avoid these foods when possible, they won't help you make a Splash.

Eat more healthy fats

- Avocados, nuts, olive oil, cocounut oil, eggs, fatty fish, dark chocolate, chia seeds, and greek yogurt are great sources of healthy fats.
- Healthy fats are great for for improving muscle growth, brain health, heart healht, and strengthening the immune system.

Coach Sordello's go-to foods:

- Arugula
- Avocados
- Blueberries
- Broccoli sprouts
- Chia seeds
- Dark chocolate
- Eggs
- Garlic
- Grass fed beef
- Wild Salmon
- Sardines
- Turmeric

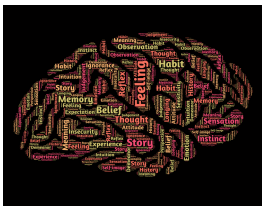


Sleep Tips:



- Go to bed earlier
- Go to bed and wake at the same time, 7 days a week
- Don't eat within 2 hours of going to bed
- Have a dark bedroom
- Keep the bedroom at a cool temperature
- Turn off cell phones and other electronics
- No screens 1 hour before bed
- Do a calming activity like read, write, color, meditate, breathing exercises, etc. 30 minutes before bed
- Have a decaffeinated tea such as chamomile before bed

If you are 11 years or younger you want to get at least **10** hours of sleep per night. If you are 12 year to high school age, you want to get at least **9** hours of sleep per night.



Mindset Tips:

- Set goals-weekly, monthly, 3 month goalsPost your goals where you can see them.
- Practice visualization/imagery
- Use the reframing strategy to gain a different viewpoint on your current mindset.
- Know your roll/niche. If you don't know, ask your coach or someone you trust.
- Work on your strengths
- Use positive affirmations daily
- Have a go to word or phrase to bring you back in the proper mindset during a game, practice, or training.
- How are you talking to yourself? Listen to your self talk and see if it is good, needs adjusting or a complete overhaul.
- Reflect-write in a journal. Jot down what went well, where you could improve, and what you'll practice the next time on the court to keep progressing.
- Set a daily practice routine where you practice, exercise, and train daily around the same time. Doing so will make it easier to turn your daily practices into a habit.

Take the challenges you enjoyed and found beneficial and make them a part of your daily routines. Keep sharpening your skills, body, and mind. Don't hesitate to reach out, whether it's today, tomorrow, next week, or in 5 years.

Make A Splash, Coach Sordello

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