

SETTING YOUR GOALS

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Part III In A Series

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It is important to set goals which can be measured. We do not worry about the word realistic; only whether our goal can be measured. Our Master Plan includes many smaller steps towards to road to success. We do this because we are not content to "WAIT" for our natural abilities to bring us to success but strive with total commitment to "MAKE" success happen.

OUR GOALS: OUR RESPONSIBILITY

There are *six* major steps in setting goals with BFS program during the off season. If these steps are followed by athletes and coaches, success is sure follow. These six steps have a fantastic success rate by those using them after a BFS clinic presentation. We do not set short range or long range goals but rather set easy to harder MEASUREABLE GOALS. Step one is nutrition which was discussed last issue. The BFS nutrition system is a method of counting points for each food item an athlete eats. An athlete must get 30 points per day.

STEP II: AGILITY 6X

Would athletes give one minute 6X per week to have quick feet? At every clinic, it is unanimous! We ask athletes at clinics if they brushed their teeth every morning. Thank goodness most of them raised their hands. Everyone agrees this is done out of habit. We feel this is an excellent time to do the BFS Agility Drill. It too should become a habit. All athletes are to do this Agility Drill 6 times per week at home or school on their own.

The BSF Agility Drill is commonly called the "Dot Drill." I first heard about it years ago from Adolph Rupp, the basketball coaching legend from the University of Kentucky.

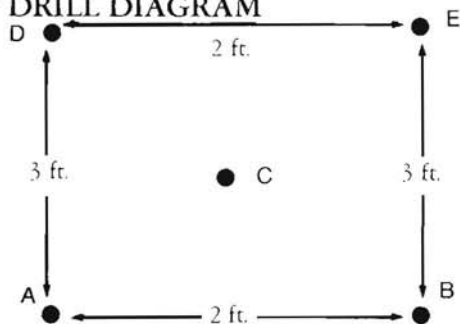
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We like it because we have developed measurable meaningful standards and the fact it can be done at home. Our big Utah Jazz Center Mark Eaton can do the dot drill in 58 seconds. He started out at 2:34

DOT DRILL STANDARDS

Under 50 seconds:	Super Quick
50-60 seconds:	Great
60-70 seconds:	Average
70-80 seconds:	Need more work
Over 80 seconds:	Slow

DOT DRILL DIAGRAM



Five dots are placed on the floor. It works best if a 3" round dot is painted on the floor. Some coaches paint many stations for larger groups. An athlete at home can use anything approved by his parents to mark his dots. There are five separate dot drills each drill is done a total of six times.

THE FIVE DOT DRILLS

- I. Up and Back
 - A. Start at one end with feet on A and B.
 - B. Now jump quickly to C; with both feet then to D and E.
 - C. Now come back the same way.
 - D. Repeat 5 more times.
- II. Right Foot
 - A. Your feet from up-and-back should be on dots A and B. Now go to dot C with your right foot.
 - B. Now go in order: Dot D, E, C, A, B.
 - C. Repeat 5 more times.
- III. Left Foot
 - A. You will end the right foot drill on Dot B. Now go to dot C with your left foot.
 - B. Now go in order: Dot D, E, C, A, B.
 - C. Repeat 5 more times.
- IV. Both Feet
 - A. You will end the left feet drill on Dot B. Now go to C with both feet.
 - B. Now go in order with both feet: Dot D, E, C, A, B.
 - C. Repeat 5 more times.
- V. Turn Around
 - A. You will end the Both Feet Drill on Dot B. Now go to C with both feet.
 - B. Now go to dots D and E with both feet as in the up-and-back (Drill #1)
 - C. Now quickly jump and turn 180° and face the other way. You should still be on dots D and E.
 - D. Hit C with both feet and then A and B with feet split.
 - E. Now turn quickly again with a 180° spin with your feet still on A and B.
 - F. Repeat five more times.

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The Dot Drill will be hard at first. It is tiring and you may appear clumsy. However, if you'll do this six times a week, in a very short time improvement will come rapidly. You can have quick feet in a month or two.

Each athlete should set two goals. The first is to do it 6X per week and secondly on how fast he wants to go. The Dot Drill is done by Mark Eaton with Coach Shepard in 60 seconds after a weight training session on Video Cassette. (See page 38) Next issue's article will further discuss, the BFS