

Key Qualities of an ODP Player

1. READ AND UNDERSTAND THE GAME AND MAKE DECISIONS

- applies knowledge of the cues
- reads and analyzes situations regarding attacking/defending/transition
- understands where and when to move themselves and the ball
- aligns own actions with other players and positions

2. TAKE INITIATIVE, BE PROACTIVE

- creates opportunities instead of reacting
- confronts situations
- challenges opponents

3. DEMONSTRATE FOCUS

- plays to win
- demonstrates bravery
- deals with adversity
- remains calm and composed

4. EXECUTE WITH OPTIMAL TECHNICAL ABILITIES

- shows comfort with the ball
- is technically proficient to be effective
- is proficient in 1v1 situations to create or to regain the ball

5. EXECUTE WITH OPTIMAL PHYSICAL ABILITIES

- demonstrates physical awareness (what their bodies can do)
- is coordinated in their movement

6. TAKE RESPONSIBILITY AND ACCOUNTABILITY FOR OWN DEVELOPMENT AND PERFORMANCE

- is involved and engaged throughout every game/training session
- delivers on agreements and promises
- is adaptable and flexible in dealing with (unexpected) challenges and problems
- articulates own learning needs
- evaluates and reflects on own performance

