

## CAPTAIN CONTINUUM - 1-10

1

- no talk in practice
- last guy to gym
- talks negatively about coaches
- **bad non verbals**
- **crappy attitude when taken out**
- individual moments - shooting, etc.
- first guy to leave practice when it's over
- **average effort at best in practice**
- makes a mockery of warmups or drills
- **looks bored**
- does nothing to get other players ready before games
- **doesn't watch game tape**

5

- **sometimes first, sometimes last**
- **moments of bad non verbals**
- **ready for practice - but intense?**
- **talks quite a bit**
- **does some pre-game stuff to get self and others ready**
- follows coaches directions and is a good teammate
- works about as hard as everyone else most of the time
- **ok at little things - sometimes cuts hard, sometimes guards hard**
- **watches tape when coach tells him to watch tape**
- **rarely puts in extra time**
- **sometimes responds to referees' calls**

10

- looks obsessed before games - eyes, non verbals, etc.
- sends random texts to players to help them
- talks constantly - with a purpose
- asks coach for more time with the team alone
- first guy to practice all the time
- shoots extra before and after many practices
- gets pumped up in pre-practice warmups...nonverbals and talk
- team's hardest worker by far
- great at little things - cuts, help, ball pressure
- watches tape before anyone else and makes comments about what he sees
- other guys feel like they CANNOT let him down
- first to every drill, timeout, huddle
- looks excited, focused, ready before every practice
- always has a look in his eye