

Planning:

Decide what areas I need to work on the most

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- Accuracy
 - Dribbling
 - Stamina
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Setting specific goals such as shooting 100 free throws

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Get feedback from others to find what I lack

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Research:

Research different techniques and styles of play and which one works best for me

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Watch how professionals play

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Watch Youtube channels made to help people get better at basketball

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Study nutrition and what will give me the most energy

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Testing:

Shoot balls in a row to improve accuracy

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I will test my skills by playing 1-one-1 against someone

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Incorporate new techniques in my practice and games

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Join pickup games to practice against different types of players and skill levels

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Recording:

Record my growth with a spreadsheet containing how many shots I can make in a row.

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Record my growth in 1v1 scenarios in a spreadsheet

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Record my own gameplay and see what is going on from an outside perspective

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Track how I feel physically and mentally after each session

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Mindset::

Do a mental warm up before each practice to get in the zone

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Set short and long term goals to keep up my motivation to play and improve

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Staying positive after mistakes and losses

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Visualize my success in key moments. Game winning shots etc.

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