

Resilience

2-5 minutes | Grades K-8

Coach cue	Resilience means finding a way to come back after something hard. Sometimes that means taking a breath or getting help first.
Game scenario	You miss three shots in a row and still have time to play.
Try it	Give players a short reset: breathe, choose one cue, then try again from a spot where they can work on that cue.
Huddle question	What kind of reset helps you come back ready?

Player check-in

Read each question aloud. Have players vote A, B, or C.

1. Three shots miss. What's a resilient response?

- **A.** Reset and work on one part of the shot
- **B.** Decide you'll never learn to shoot
- **C.** Blame the person who passed to you

2. If the same reset isn't helping, what else can resilience look like?

- **A.** Hide the problem from everyone
- **B.** Take your frustration out on a teammate
- **C.** Ask a coach to help you adjust

3. Your first two passes miss the target. What's a next step?

- **A.** Quit the drill for the day
- **B.** Slow down and try one adjustment
- **C.** Throw harder without aiming

4. You lose a close game. What can you work on next practice?

- **A.** Pick one thing to practice again
- **B.** Give up on close games
- **C.** Practice only things you already do well

Ask the team	Write the cue you'd use to reset after a tough play.
At home	Think of something that took several tries to learn. What helped you return to it?

Coach answer key **1. A** **2. C** **3. B** **4. A**

One takeaway for our next practice _____