

**“BLACKS IN GOVERNMENT
NATIONAL TRAINING INSTITUTE”**

AUGUST 24-28, 2015

ORLANDO, FL

“IT’S TIME TO PRESS!!!”

PRESENTED BY:

DR. VALERIE STEWART

MISSION

USING BASIC BASKETBALL ANALOGIES, TO
TEACH EVERYONE HOW TO SCORE AND WIN
BIG IN THE GAME CALLED LIFE!!

NO ONE IS ON THE BENCH

EVERYBODY IS IN THE GAME

BALL > DREAMS/PASSIONS/VISIONS

GOAL > CONNECTING YOUR PASSIONS TO YOUR
GOAL



DESTINY

PURPOSE OF PRESS



- **TO APPLY PRESSURE TO OPPONENT**
- **TO BE AGGRESSIVE**
- **TO CAUSE INTIMIDATION, FEAR, DOUBT & INSTABILITY.**

**IT'S COMING TO A CLOSE
TO GET THE BALL BACK TO SCORE!**

IT'S LATE IN THE GAME!

GET IN SHAPE

- **SPRINTS, LAPS, SUICIDES**
- **LAPS AROUND THE GYM**
 - **LIFT WEIGHTS**

MIND & MOUTH IN ALIGNMENT

ATMOSPHERE

- HOME GAMES / ADVANTAGE
 - CHEERLEADERS
 - AWAY GAMES
- BE YOUR OWN CHEERLEADER

KEEP YOUR FOCUS

KNOW YOUR POSITION

➤ **STRENGTHS**

➤ **WEAKNESS**

➤ **PERFORMING OUT OF
POSITION/DISASTER**

PEOPLE'S DESTINIES ARE STAGNANT BECAUSE OF YOU

WAYS TO SCORE

- **LAY-UPS, FREE-THROWS, JUMP SHOT, HOOK SHOT, 3-POINT SHOT**
- **SPECIAL PLAYS RAN ON OFFENSE**

SLAM DUNK EVERY CHANCE YOU GET IN LIFE!!!

NEVER TAKE YOUR EYE OFF THE BALL

STAY IN MOTION

➤ **FAST-BREAK: ALWAYS PASSED TO A
MOVING TARGET**

NO-LOOK PASS, BEHIND THE BACK, BOUNCE PASS,
OR STRAIGHT TO PERSON

NEVER TAKE YOUR EYE OFF THE BALL

APPLY PRESSURE

- ZONE DEFENSE
- MAN-TO-MAN
- HALF-COURT PRESS
- **FULL-COURT PRESS**

ATTACK EVERYTHING & EVERYBODY THAT HAVE
ATTACKED YOU!

INJURIES WILL HAPPEN

- ACHILLES HEEL
- TWISTED ANKLE
- FINGER JAM
- TORN CARTILAGE
- CRAMPS

GET THERAPY & BOUNCE BACK!

GET BACK IN THE GAME!!!

TO SCORE AND WIN BIG IN LIFE:

- **DISCOVER YOUR PASSION**
- **SET A GOAL**
- **BELIEVE IN YOURSELF 100%**
- **DEVELOP YOUR OWN FORM-ULA**



DESTINED TO WIN!!

**WEAR PROPER UNIFORM TO
NOT BE DISQUALIFIED**

**STOP WAITING FOR
SOMETHING TO HAPPEN BUT
MAKE SOMETHING HAPPEN!!!**

YOUR DESTINY IS CALLING YOU!!!

VAL'S DEADLY JUMP SHOT



TRACK CHAMPIONS



GOT MY BALL & GOAL



1982 STATE CHAMPIONS!!!



MALCOLM WESSON, Coach
GARY COLEMAN, Asst. Coach

LAFAYETTE HIGH COMMODORES
1981-82

JERRY ADDY PHOTOGRAPHY



