

## **ATHLETE BUILDER TOP 10'S**

There are six components for building athletes. Three are for the head, and three are for the body. The head starts with mindset, which is your identity, your core values, who you are, how you handle adversity, your grit, etc. The second is your knowledge, more specifically the knowledge needed to play your sport at a high level. The third piece is your teammates. This means how you communicate with your leadership team, teammates on the field, and your support.

There are three obvious components that pertain to your body. First is your training, second is your nutrition, and third is your recovery. We must elevate your habits here along with the habits for your head to build the best version of yourself.

My Athlete Builder book and Champions Planner are designed to guide and push you to maximize your potential. Those two tools will optimize your output and experience.

If you have no idea what to do at all, then here are the basic Top 10's for each of the six components. But them into practice and get better immediately. A word of advice, it's unrealistic to implement 60 new ideas immediately. Don't add new habits until you are sure you can handle the habits you just started. Then add another one and elevate your standard. Be relentless!

### **10 Mindset Habits**

1. Add in cold therapy. Start by taking fifteen seconds of a pure cold shower at the end of your shower, daily. Over the course of a year, work your way up to five minutes of either a cold shower or time in an ice bath daily. Learn to be uncomfortable every day and handle it.
2. Delete six items or people you follow on social media that are toxic. Add in six items or people on social media that help you improve.
3. Read something that help you improve daily. Minimum of ten pages or thirty minutes.
4. Walk outside daily to start your day for twenty minutes, regardless of weather. Think about what you must execute today to be great.
5. Listen to something motivational daily while you walk outside.
6. Meditate and/or pray for five minutes every morning to set your Mindset on the path you must have that day.
7. Journal your thoughts at the end of each day. Write down daily affirmations of where you will be and what you must do.
8. Add pain, discomfort, and challenges to your life. Add small ones daily and one large one each quarter. Confidence comes from reps. Show yourself you can handle more than you could last quarter. You'll build your warrior mindset.
9. Have a mantra that guides you. Pick one that is meaningful for you. In my son Jack's second year at Ball State, we came up with "fast and physical." This was how we was to practice and play for every rep. It became his Mindset.
10. Devise a plan and process for game day situations. Then further decide on a process for what to do during critical parts of your games. Execute.

## **10 Knowledge Habits**

1. Be the supreme leader in the playbook for the team. Critical. Take the amount of time you spend studying the playbook each day and triple it.
2. Continue step one until you know your “side of the ball” (offense or defense) and become the supreme leader in the playbook for the team.
3. Practice for forty-five minutes every day after the standard team practice to learn more skills. My son Sam always had a ball with him and would work on his soccer moves daily and then drop them in practices and games.
4. Arrive twenty minutes prior to team and position meetings armed with two questions on what to learn next or to get better.
5. Read ten pages or for thirty minutes daily to learn more on your craft or sport. You must be a student of your sport to understand all its intricacies and master it.
6. Ask your mentor what to learn and read next. Schedule two hours a week to work on it.
7. Keep a training and game log. Learn what you need to do to prepare for each. Learn what you need to do when practicing and playing in different weather, when behind on sleep, etc. Write down your notes so you know how to perform better next time.
8. Master one “move” you can do at any time in your life on the field or court. This “move” is one you can execute perfectly, even with a 103-degree fever while vomiting from the flu. Once you have your “move,” then develop a second one. And repeat. Relentlessly.
9. Talk with other “greats” in your sport past and present. Don’t know any? Ask your coach for a referral or suggestion. Regularly discuss different ideas and nuances. Take notes. Try out new things and experiment. Continue to evolve.
10. Teach what you learn to your teammates. If you can teach a concept, then you must truly know it.

## **10 Teammate Habits**

1. Lead by example in all things: weight room, attendance, attitude, etc.
2. Ask questions of your leadership team. Ask the right questions. Ask the hard questions. Example: you get five plays/game on special teams in football. Question: “Coach, what do I to do to get fifty plays in a game?” Be painfully explicit. Use Grant Cardone’s 10× Approach and get ten times more than what you’re normally getting. Already on the field? “Coach how can I dominate at a level that is ten times more than what I’m already doing?”
3. Get your position group on the same page like in the example above. You play D in soccer, then you, the goalie, and the rest of the back guys needs to have the same approach.
4. Take notes!
5. Find a mentor. Yesterday! Find multiple mentors if you can.
6. Get your home life, chores, and affairs in order. Keep your room and place clean and organized. By the time you’re done with this book, you will have too much work to do and will screw it up if you are not organized at home.
7. Thank everyone that helps you more times than you can count.
8. Be Relentless in the weight room in training and getting your teammates stronger, faster better. Watch them for mistakes and help them train better.

9. Read every day for twenty minutes on how to get better. Then tell your position group what you learned every Monday.
10. Own everything. Anything goes wrong? Claim it. Anything goes right? Thank and mention the team. Praise publicly. Criticize privately.

## **10 Training Habits**

1. Are you completely uncertain of what to do? Just spend an extra thirty minutes daily in the gym. Ask your coach for something you can work on and measure that. Ask for different things to do daily. Do that for six weeks and reassess.
2. Strengthen your posterior (back side) every time you train. Most programs lack this component. So, it's easy to make an impact here.
3. Everyone benefits from a stronger core. Work up to a weighted plank hold of 1× your bodyweight for one minute.
4. Spend twenty minutes with a mobility app prior to each training session. Getting your body into the right position is critical for moving the maximum weight.
5. Video record your lifts. Then you can see what's wrong and what's breaking down. Ask your coach for input.
6. Develop a huge-ass box squat. Squatting is the best day of the week and cures a lot of sins. This is gold.
7. Push the intensity with your accessories. No failed reps but push hard here. This is where you make your money.
8. Learn a ton! Read and watch everything on Training. Ask questions all the time.
9. Take notes on your Training. Quantify everything. Push to set records in all aspects.
10. Have fun making it competitive with your Teammates. Get them better and push them. It'll get you better in the process.

## **10 Nutrition Habits**

1. Get your baseline and figure out what you're eating. Use an app, your phone, OneNote, a notebook, or whatever works for you.
2. Calculate your protein number and design a process to hit that number daily. Roughly, consume 1 g of protein for 1 lb. of lean mass to maintain your body composition. Consume less than that ratio to lose weight and muscle. Consume more than ratio that to gain size, muscle, and strength. How much more? Start with 20 percent more and see.
3. Calculate your calorie numbers and design a process to hit that number. You must see what you're eating currently and determine how many calories that is. Recall that you'll need an excess of about 3,500 calories to gain one pound of weight and a deficit of the same amount to lose one pound. Then plan to hit your calorie number daily. Once you have your protein and calorie number, you'll be fine with your fat and carbs. Remember, this is a basic approach.
4. Eat all the fruit and vegetables you can.
5. Drink enough water so that your urine is consistently a light lemonade color.

6. “Be not like dumb, driven cattle.” Track your results and adjust week to week. Make one or two adjustments every two to four weeks. Do not add new habits until the current ones are engrained into your identity. Eat to win.
7. Communicate your plans with your Teammates and accountability allies.
8. Take your five supplements: Vitamin D, probiotic, fish oil, creatine, and whey protein isolates. Set this purchase up on auto-ship to solidify your process.
9. Find someone to help you.
10. Teach your teammates so they improve. Then you’ll have a better shot at winning.

## **10 Recovery Habits**

1. Minimum of 8 hours of sleep. 9+ hours of sleep is better.
2. Keep your room as cold as possible at night.
3. Have some “white noise” like a fan running in the background.
4. Get off your phone, TV, and electronics a minimum of 30 minutes prior to sleeping.
5. Meditate 5 minutes in the morning and 5 minutes in the evening.
6. Get your deep tissue work done: foam rolling, massage, scraping etc. from either yourself or a professional.
7. Add in cold and heat therapy to your daily routine.
8. Keep a journal and write down daily affirmations and reasons your grateful.
9. Take setbacks, injuries, and time off to reassess your habits and look for ways to improve. Use your time off recovering to get even better when you return.
10. Add in extra training with very high reps. The added blood flow will help the taxes muscles and areas heal quicker.