

# **THINGS THAT GET OR KEEP YOU ON THE BENCH**

- \*Whining**
- \*Pouting about playing time**
- \*Playing selfishly**
- \*Thinking it's about you**
- \*Bad practice habits**
- \*Lack of respect for coaches or officials**
- \*Not accepting your role**
- \*Not giving 100%**
- \*Not buying in**
- \*Mental errors**
- \*Playing soft**
- \*Too much ego**