

# PRE- TOURNAMENT QUESTIONNAIRE



**WATTS BASKETBALL**  
Gamechangers. For Life.™



1. In what ways did we grow in the last tournament?

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2. How did you feel coming into last tournament?

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3. How did you feel leaving?

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4. What made the difference?

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5. How are you going to feel, leaving this tournament?

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6. What made the difference?

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7. What is the plan for this tournament?

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8. One word to describe how you will perform?

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9. Three words that will lead to one word?

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10. What routines will you use to put you in the best mental space?

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11. How will you handle success?

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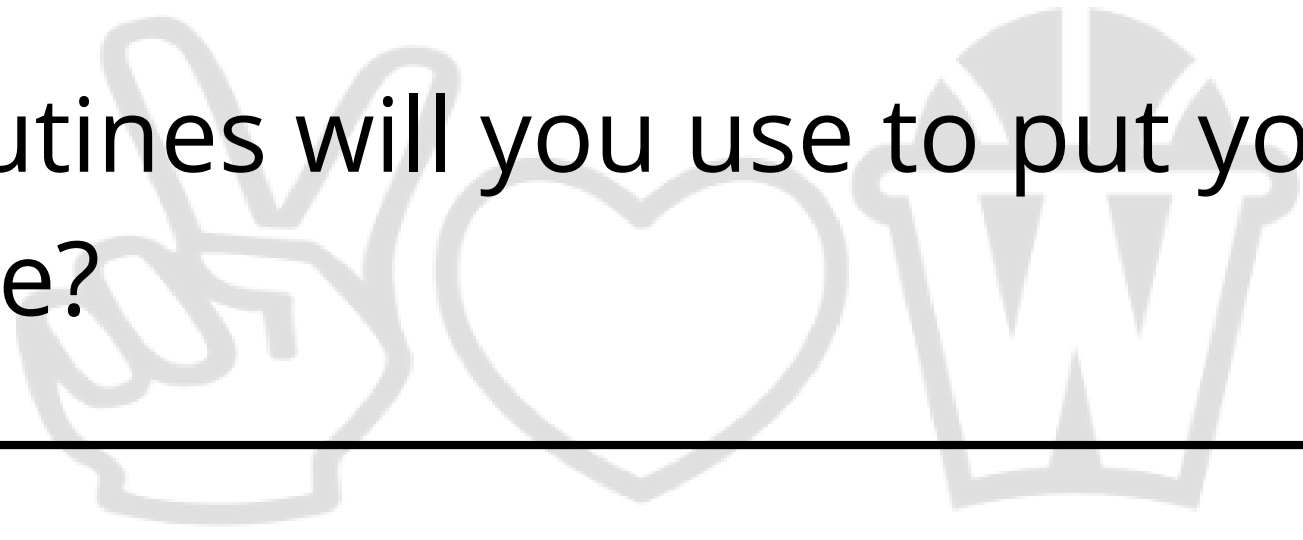
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12. How will you handle failure?

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13. What's your strategy for dealing with coaches?

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14. How will you communicate with your team?

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15. What is your mantra for the weekend?

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16. What is your theme song?

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17. What is the optimal number of shots for you to take based on your roll?

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18. Where will your shot come from?

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19. What are the primary stats by which you will judge your performance? Key Performance Indicators

Rebounds \_\_\_\_\_

Points \_\_\_\_\_

Blocks \_\_\_\_\_

20. How will you care for your body?

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