

NORMAL

Why is it easier to _____ ?

Situation: A leader was concerned before their first team scrimmage that they would have chemistry issues because playing time was going to be decided for the first time. I asked them a few questions in front of their team:

“Why is it easier to have good team chemistry in October (preseason) versus January (in-season)?”

“Playing time has been determined and the hierarchy hasn’t been established.”

“Can you break that down?”

“It’s hard to buy-in when you’re putting in the same work as your teammates and you’re not getting any playing time.”

“What happens when your teammates sees someone working hard without getting minutes, what do you think they think?”

“They have respect for that person because they’re putting the team over their feelings.”

“We know that before the situation, yet when we get in the situation, we get messed up sometimes. Why?”

“It’s hard to get out of your own head and see the big picture.”

What’s the hardest thing to manage away from the court when you aren’t getting minutes on the court?

“Feeling like you don’t belong.”

“Isn’t it interesting that you just said, “Your teammates will have more respect for you when you’re working hard and not getting minutes.” Yet, you feel like you don’t belong. What do you think about that?”

“It shows you how bad your self-talk can be. You’re mean to yourself.”

“React to this. A WNBA player shared with me that the first preseason game when she walked onto the court, she didn’t feel like she belonged. The same year, she won Rookie of the Year. How do you process that?”

It’s wild. But, so relatable. Even I go through that. I have to remind myself that the second thought is always the best because usually my default is self-doubt.