As I was going through the readings on Psychological Skills Training, I began to think about our basketball team’s first film session of the season. Yesterday we had a discussion with the girls to prepare them for today’s film study. The ground rules were laid out; mainly put your cellphones in a basket before walking into the film room so we have your undivided attention, and there are no distractions. Each girl will be given a blank notebook so they can jot down notes, ideas, questions, or skills they want to improve. We warned our first time Varsity players that watching yourself on film may seem strange at first, but there is nothing to be embarrassed about. We are one big family. We also told the players the reason we do film sessions once a week. Primarily it is a way for the coaching staff to point out things, both good and bad, that the players may not see or things they may or may not be doing on the court. For example, not going under a screen and instead going over the top or spacing on offense. The positive things we can play back several times so the girls have the image ingrained in their minds. Hopefully, it is something that can refer to in a future game if presented with the same situation. Additionally, we as coaches can reference those positive behaviors in practice or during a time-out in a game. All in all, videotaping is just one aspect of Psychological Skills Training. One that may seem scary at first for first timers, but extremely beneficial.