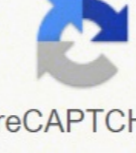


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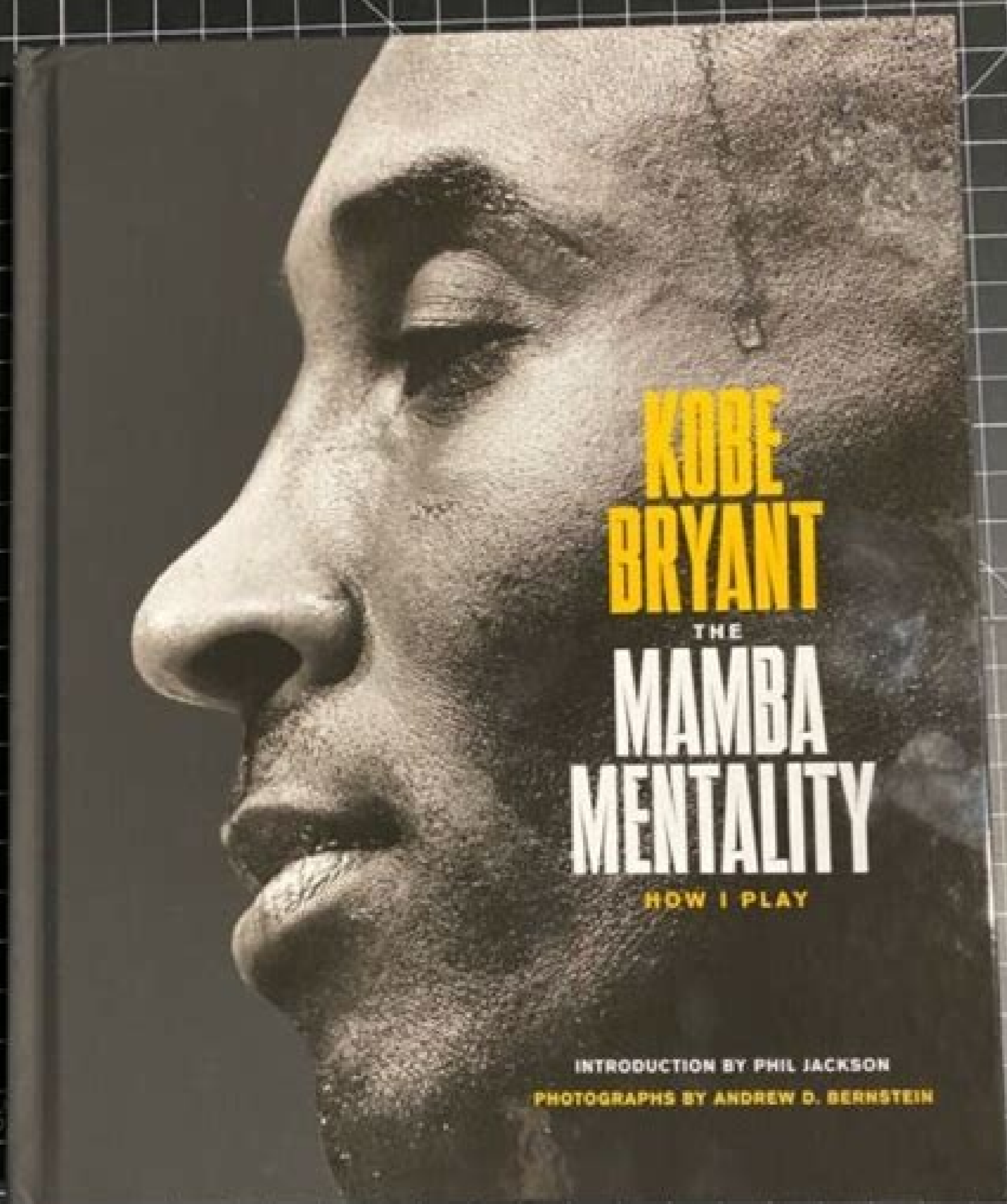
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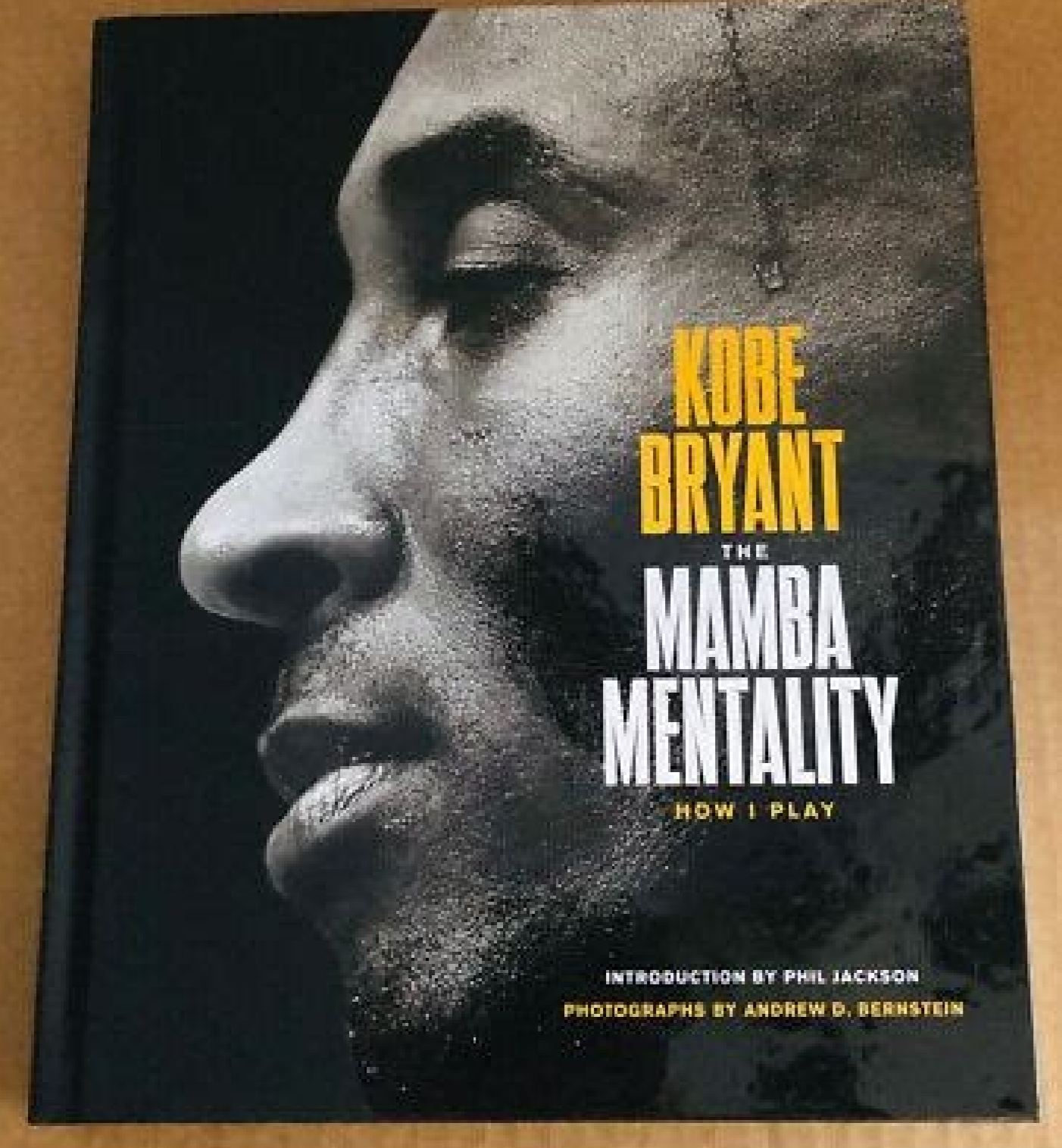
SUMMARY

OF KOBE BRYANT'S

THE MAMBA MENTALITY

BY MILKYWAY MEDIA





Mamba mentality how i play.

Sometimes you need a motivational kick in the pants, other times you need to slow things down and relax. And even fewer will stick to the grind for the years required to attain a level of peak mastery. Other games, I needed calm. "The key, though, is being aware of how you're feeling and how you need to be feeling." Be about greatness Talking about big goals is easy. But few will match the talk with action. In The Mamba Mentality, Bryant outlines the mental approach he took to the game. He developed relationships with Michael Jordan—who called him his little brother at Bryant's celebration of life—Magic Johnson, Bill Russell, and many others. It was, if I want to play, this is what I have to do, so I'd just show up and do it." Rest is a weapon Bryant napped often. "I was willing to do way more than anyone else. Something as simple and as "basic" as footwork? Sinking himself into the hardwood and surroundings. Besides, the expectations I placed on myself were higher than what anyone expected from me." Clutch shots are "just another shot" Practice and training are supposed to prepare you for competition by making your performance mundane. And more importantly, it was something that he enjoyed. Bryant studied and learned about his teammates so that he could better understand their motivations and position himself in a way that he could best lead them. Or you can check out my list of my favorite books for athletes as well as a list of the best books for coaches. The late Bryant was fiercely competitive, did everything he could to outwork the competition, was relentlessly curious, and a deep student of the game. They have other concerns, whether important or not, and they spread themselves out. "Each referee has a designated spot where he is supposed to be on the floor... When they do that, it creates dead zones, areas on the floor where they can't see certain things. Once you're hitting that many, what's one more? Ask questions. It's about the journey and the approach. If I needed to soothe myself, I might play the same soundtrack I listened to on the bus in high school to put me back in that place." "Some games require more intensity, so I would need to get my character and mind in an animated zone. The way he worked around injuries. You may not be as talented as the next guy or gal, but there's no excuse for not giving your absolute best. For Bryant, becoming one with his surroundings was how he got into the "Zone." "For the most part, before games I just liked being there, hearing the sounds of the environment and observing everything." During the national anthem, Bryant would soak up the environment and moment. After all, greatness is not for everybody." "Respect to those who do achieve greatness, and respect to those who are chasing that elusive feeling." Quiz those who have come before you Bryant wasn't shy when it came to asking NBA greats how they had developed their game. From then on, I placed an increased emphasis on it." Leaders challenge Like Michael Jordan, Bryant was demanding and hard on his teammates. I knew what I wanted to accomplish, and I knew how much work it took to achieve those goals. It is in this analysis that you get a sense of how much of a student Bryant was of the game. How did I respond to that? But what about the absolute basics? But even when he failed on the biggest stage, he never backed down or stepped back. They helped to inform his progress and direct his efforts to become the best basketball player he could be. Everyone and their pony will tell you about the big things that they want to achieve. "For some people, I guess, it might be hard to stay sharp once you've reached the pinnacle. I'm at the gym at the same time after losing 50 games as I am after winning a championship. "If I needed to get keyed up, for the more aggressive with the rules on specific parts of the floor. I learned their histories and listened to what their goals were. I always found that short 15-minute catnaps gave me all the energy I'd need for peak performance." Learn the game and push the limits Bryant studied the referee's handbook to understand ref positioning on the floor. Much of the second half of the book Bryant describes how he played and matched up against the top players in the league, including Kevin Durant, Michael Jordan, and LeBron James. They appreciated that I wasn't just asking to ask, I was genuinely thirsty to hear their answers and glean new info... My approach always was that I'd rather risk embarrassment now than be embarrassed later, when I've won zero titles." Not showing up is not an option When you are deeply committed to excellence, showing up isn't a struggle. They don't ignore because they aren't good at it, or prefer to avoid the frustration that comes with developing a new skill. "At the end of my first season in the NBA, we had made it to the semifinals, up against Utah. They couldn't keep up—but they were always challenged by the example he set." Attack your weaknesses High-performing athletes don't shy away from improving their weaknesses. Bryant had already worked out before anyone showed up. "I never thought about my daily preparation." I still challenged everyone and made them uncomfortable. I just did it in a way that was tailored to them. "Kobe led by example for his teammates. It doesn't change for me." Where to Buy - Mamba Mentality by Kobe Bryant Hardcover (Amazon) | eBook (Kindle) 11 Rings: The Soul of Success (Book Summary). That's all the airballs did for me... I just wasn't strong enough to get the ball there. "A big shot is just another shot. Others like to close their eyes and dial down the excitement. It's not a game-winning shot. Where to Buy - Mamba Mentality by Kobe Bryant Hardcover (Amazon) | eBook (Kindle) Set the example for your teammates Bryant's long-time coach in Los Angeles, Phil Jackson, contributed a foreword to the book. That clutch shot, that buzzer-beater, simply becomes another rep in your inventory of shots. The Mamba Mentality is a fairly breezy read and a great book for athletes and basketball players. That was my mentality from day one." The fundamentals never get old The shortcuts, the shiny new tricks or equipment get all the attention. However, they're the exact same to me. I always wanted to be better, wanted more. They don't revel in their wins and the results, but rather, they continue using the same process and mindset that made them successful in the first place. I then put in the work and trusted in it. Bryant's long-time coach, Phil Jackson's journey as a coach, including advice for future leaders and background on Kobe's development as a leader of the Lakers. But in the deciding fifth game, I let fly four airballs, and we lost our chance at the title. Not for me, though. Even though Bryant made his game analysis part of his post-playing days (through his popular Details show where he broke down NBA games and players), this thirst and curiosity for the game started early. Bryant's analyst mindset is a reminder that the hyper-successful are also rabid fans of their craft. I learned where those zones were, and I took advantage of them. The quick fix, the shortcut—these are the things that tend to get all the attention. I wasn't scared of missing, looking bad, or being embarrassed." Outwork the competition Out-working everyone else provides a level of mastery and confidence that you cannot fake. I can't really explain it, other than that I loved the game but had a very short memory. Once I understood them, I could help bring the best out of them by touching the right nerve at the right time." Defend your process The Mamba Mentality isn't a result. To learn what would work and for who, I started doing homework and watched how they behaved. You don't need to cajole yourself into doing the work, because it simply is. High-performing athletes tend to have expectations that are higher than those on the outside. It becomes a point of pride. When you practice intentionally in this manner—treating every shot like a game-winning shot—the pressure of the moment subsides. "A lot of players don't understand the game or the importance of footwork, spacing. And he knew that few others had the patience and long-term thinking required to become a master of the fundamentals of the game. By getting on an intense weight-training program." "What separates great players from all-time great players is their ability to self-assess, diagnose weaknesses, and turn those flaws into strengths." Winners have short memories They move on to the next challenge. It's not a championship trophy. It's the daily process that goes into building those things. I learned what made them feel secure and where their greatest doubts lay. My legs were spaghetti; they couldn't handle that long of a season. I never put too much thought into it. I do think that it's important, in all endeavors, to have that mentality." The only expectations that matter are yours When your expectations are highest, what others think or expect of you loses any semblance of pressure. Instead, he assessed and evaluated how he could be better, and doubled down. Some athletes need the big, hype playlist. Especially during his first couple seasons in the league, when he was still a teenager. The mindset he used to fire off a game-winning shot. "From a young age—a very young age—I devoured film and watched everything I could get my hands on. When he would show up to the practice facility, Jackson would usually find Bryant napping in his car after his pre-practice workout. Thing is, it's just one shot. It's a way of life. He used failures as springboards for improvement. They view weaknesses as strengths in waiting. The game was a source of insatiable curiosity for Bryant. "A lot of people say they want to be great, but they're not willing to make the sacrifices necessary to achieve greatness. That was the fun part for me." Be a student of the game Masters never stop learning about the game. If you make a thousand shots a day, it's just one of a thousand. He understood that there was no paint-by-numbers approach when it came to motivating and leading his teammates. With his grueling training regimen and tiring schedule, he would sneak in shut-eye whenever his body needed and wherever he could. Prod. It was never enough. "That was the trademark of the final ten years of his career," Jackson says. Everything that flows from that mindset and that process is just a by-product. "I never felt outside pressure. Evaluate. That fueled me until I hung up my sneakers." "The agony of defeat is as low as the joy of winning is high. The shot you make at the end of the game is the same one you make a thousand times during practice. You could say I dared people to be their best selves." Lead according to the personality Bryant tailored his leadership according to the strengths of the individual. That's what leads to introspection and that's what leads to improvement. When Phil Jackson came, though, I started to understand the importance of my personalized meditative process. His pre-game routine. People make a big deal of clutch shots. Below are some of the key quotes and passages that I got from the book, as well as some of my own notes and thoughts. It's to the point where if you know the basics, you have an advantage on the majority of players." Adversity is growth Even though Bryant won five NBA championships and earned countless individual accolades, he had his fair share of trials and tribulations along the way. That's totally fine.

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