

Essay on sacred hoops

Psychology, Success



Part One: What did you like about the (topic)?

What I liked most about the book was the way the coach managed to instill techniques of teamwork in his players. The way he managed to make everyone in the team to be able to think the same and work towards the same goals. Reading the book instills some kind of excitement in a person because it makes it possible for anyone to feel the encouragement that gets into a person as you read on. It is actually a very encouraging read (Bradley, Delahanty & Jackson 2006). I love everything about the techniques used by Jackson to change his team members and turn them into one natural force. I also love the way this group have set their minds to play with clean hearts “no hard feelings” motto. They do not play soft in the field but they do not play with wrong intentions. They do a tough game in the field with their focus on the ball and nothing but the ball. They would never hurt or disrespect their opposing counterparts. Very disciplined team.

What struck you as interesting?

What interested me in this topic, was the fact that coach Phil Jackson was a person who was spiritually strong and the way he managed to make even those team members who were not spiritual to change. It is interesting the way all the members in the team are unselfish in the field as they do not take advantages to score but they just played straight games (Bradley, Delahanty & Jackson 2006). The team is also made of some very good and famous players such as Michael Jordan. Michael Jordan is one of the greatest sports man in the world and this fact makes the topic even more interesting,

and also makes a person understand that his presence is automatically one of the reasons for success of this team.

Why did the (topic) stimulate positive emotion?

This topic is truly stimulating, especially when you read about how this team is able to conquer in the basketball world through very simple techniques which are not seen as important by many. The members have their minds set on other goals where discipline and sacrifice is concerned, and winning comes last (Bradley, Delahanty & Jackson 2006). This is their secret for winning because once they apply those few skill, the win become natural. Bill Cartwright once said” Most teams have guys who want to win, but are not willing to do what it takes. What it takes is to give yourself over to the team and play your part. What may not always please you but you have to do it. Because when you do, that is when you win.”

Part Tow: What did you not like about the (topic)?

What I did not like about the topic is the many times when the team had a lesser number present in the field (Bradley, Delahanty & Jackson 2006). The fact that some of its strong members became absent all the time due to things such as injuries, transfers and many other things. This kind of a thing can really demoralize a team and all the time I read a part where a good member was not available, the fear and disappointment got me like I was one of the team members, and that we would lose for that reason.

Why did the (topic) stimulate negative emotion?

The negative emotions in me were caused by the fact that after understanding that a coach can make efforts in creating such a good and

strong team as Chicago Bulls, and then a player can just move and transfer to another team with everything (Bradley, Delahanty & Jackson 2006). This is quite discouraging, but it is part of the game.

Part Three: What did you learn? Summarize your major take-aways and intellectual sound bites.

This topic has taught me some very important lessons and now I know that nothing is impossible as long as there is a will. I learnt that anybody is capable of changing. If such a group as the one of Chicago Bulls met as members of the team met when everyone had a different mind set towards the sport, yet the coach changed all that and made them one (Bradley, Delahanty & Jackson 2006). Then nothing is impossible. And I know that this kind of team work can be applied anywhere else apart from the world of sports.

Bottom Line: A one sentence "wham-bang thank-you-ma'am" synopsis of what you will take away from the lesson regarding what you learned.

This book has the power to enhance anybody's life despite anyone's previous perceptions towards basket ball and other sports; I personally appreciate it so much.

References

Bradley B, Delahanty, H and Jackson P. (2006). Sacred Hoops: Spiritual Lessons of a Hardwood Warrior. New York, NY: Hyperion Books.