



"Coach Godwin gives key insight into what it takes to fundamentally score points day in and day out. This book is the student-athlete manual for becoming a great scorer."

Josh Pastner- Assistant Coach University of Memphis Tigers (2008 Final Four)

Everyone Hates a Ball Hog But They All Love a Scorer

The Complete Guide to Scoring Points On
and Off the Basketball Court

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Coach Godwin



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This book is dedicated to my mother, Rhonda who supported me every step of the way. Thanks for planting the seeds of success in my life. I am forever grateful.
You are truly my Hero!!!

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Introduction

I once heard the saying, “Basketball is 80 percent mental and 20 percent physical.” Of course, this statement made no sense to me in my early years, because to be honest, most of my scoring came from athleticism and flat-out being better than everyone else my age. I remember putting up 30 points at the age of 12 and thinking to myself, “Man this game is easy.” Oh, if only basketball would have stayed that way.

When I entered high school, the game of basketball changed drastically. I was bigger, stronger, and faster, but so was the competition. I remember playing AAU ball for a team named Fast Break in the summer. Coach Chris saw that I was handling the kids my age (15) pretty well, so he decided to move me up to the Under-17 team. This is when I learned that the game of basketball was 80 percent

mental.

That summer, I was playing with kids who were taller, faster, and much more athletic. What usually was an uncontested lay-up became a block into the crowd, and the crossover I used against kids my age was ineffective, and many times it was stolen. This was my baptism into the game of basketball. I was paying my dues and I had to find a way to compete.

The next summer, Coach Chris decided to take an interest in me. He coached at perennial basketball powerhouse St. Patrick (New Jersey) and had great knowledge of the game of basketball. He was especially talented at player development and frequently would give lessons to kids in the area who had the money to pay. I never will forget the day in practice when he said, "Be here tomorrow at 4." I said, "Coach, we don't have practice tomorrow." He looked at me and repeated his statement.

I walked into the gym on that hot summer afternoon and was welcomed by two other players who were going to work out. We started off with ball handling, and then went on to jump shooting. Drill after drill, Coach was on us telling us to go harder, faster, stronger. The criticism was intense because there only were three of us. There was nowhere to run or hide my mistakes. Position yourself here; concentrate on your footwork there; I was out of my element but learning at a frantic pace.

What I learned that summer and what you will learn after reading this book is how to score with your mind and not just your feet. Twice a week, he would call the house and say, "I am picking you up in an hour." I would look at my mom and say, "This guy is crazy," but she knew he was giving me the work ethic and direction needed to excel in basketball and life.

By the time I entered my senior year of high school,

I was full of knowledge and ready to compete at a high level. I was fortunate that someone saw my potential and was willing to work with me. The lessons learned during those hot summer afternoons stayed with me through college, and they are part of the reason why I started JumpStartHoops.com. Now I get to become your Coach Chris as I share with you what it takes to win and score points on and off the court. Turn the page and get ready to see basketball in a whole new light.

Pre-Season

Lesson One

The Godwin Theory

When I look back on all of my accomplishments, one thing stands out: I broke a scoring record at every level I competed. At my high school, I hold the single season scoring record (1998), and at the University of North Florida, I am the all-time leading scorer (2002). Though people always asked the key to my success, I never shared it until now.

Every basketball player wants to be the Big Man on

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