

## **In conversation with ....**

### **a student speaking Greek**

I am delighted to talk about my passion - Basketball!

It all started when I was living in Greece. I used to play a lot of basketball and was a member of a club for six years able to participate in many matches.

I remember as if it were yesterday the first basketball match of my club. I was only 11 years old. I can recall very well that the opposite team scored within the first 30 seconds. My team finally lost by only by one point, 44 to 43.

In recent years, Greece has produced two of the most outstanding players...yes you have guessed...Giannis and Thanasis. Have you ever heard of them?

They are so famous and two of my favourite basketball players. Giannis Antetokounmpo is the shooting guard of Milwaukee Bucks and Thanasis, his brother is a small forward of a Greek team called Panathinaikos. Both play for the Greek basketball national team and have fitting nicknames; Giannis' is the Greek freak because of his outstanding arsenal of skills such as size, speed and ball handling. Thanasis is the elevator because he jumps very high, more than 1 metre high. Both used to play for the NBA but Thanasis returned to Greece.

I think it is better to play basketball in the USA than in Greece because a lot more money is given to the sports and as a result, players earn a lot more too. For example, as professionals, Thanasis earns "only" half a million in Greece as Giannis earns 24.19 million. Playing for the NBA is the pinnacle of one's ambition but you must be a very good basketball player because the expectations and the selection process of the NBA is very strenuous, as you can imagine.

So, playing basketball can make you emotional as a supporter, makes you rich as a player, it can also make you think and transform you as a strategist?

Did you know that you have only 24 seconds to make an attack otherwise the other team will take possession of the ball? No time to think! For many months, teams practise, practise, practise to organise attacks and defence in order to face opponents and win competitions. The five basketball positions normally employed by organized basketball teams are the point guard, the shooting guard, the small forward, the power forward, and the centre. The point guard, also known as the one, is typically the team's best ball handler and passer. So, each player has a job to do. This can be very effective and knowing your team members is extremely important.

There is also a huge amount of repetition, practising over and over again until it is second nature and no time for overthinking.

If you do the same thing over and over and over, accept the little variations as being human as opposed to being failures, eventually you will get good at what you do. That is not to say that there aren't more efficient ways than others, but the search for efficiency should not overcome the search for effectiveness.

Don't think about what you do, just do it over and over again until it becomes an unconscious action, like walking. You don't think about putting one foot in front of the other when you walk, yet you still get to where you are going. Don't think when you play. You might be surprised at the result.

When I first arrived in England, I went to basketball club at CBSC in Year 8 and in Year 10 for my Duke of Edinburgh Award which I got from being in the Air Cadets.



Thank you for listening.  
Do you have any questions ?