Finding Confidence on the Court



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I've always loved basketball. Ever since I was little, I would spend hours practicing my dribbling and shooting in the driveway. So, when I heard that my school was starting a basketball team, I was thrilled!

At the first practice, I was nervous. I had never played on a team before and the other players were much taller and stronger than me. I felt like I didn't belong and I wanted to quit. But, my coach, Coach Smith, saw that I was struggling and took me aside.

"Hey there, champ. I can see you're feeling a bit intimidated out here," he said.

I nodded, feeling embarrassed.

"But, let me tell you something," he continued. "Basketball isn't just about being tall or strong. It's about being quick on your feet, having good reflexes, and being able to work well with your team. And, you know what? You have all of those things."

I couldn't believe it. Me? Good at basketball?

Coach Smith gave me a smile and said, "Why don't you give it another try and see how you feel?"

So, I took a deep breath and stepped back onto the court. At first, I felt awkward and out of place. But, as I started to dribble and pass the ball, I realized that Coach Smith was right. I wasn't the tallest or the strongest, but I had skills and I could work well with my teammates.

As the season went on, I grew more confident and my skills improved. I still had a lot to learn, but I was having fun and that was the most important thing. And, in the end, our team made it to the championship game!

Looking back, I'm grateful for Coach Smith's words of encouragement. He helped me realize that I belonged on the basketball court and that I could be good at something, even if I didn't fit the typical mold. And, that's a lesson I'll carry with me both on and off the court.



QUESTIONS

1. How did the main character feel at the first basketball practice?

   _____

2. What did the coach say to encourage the main character?

   _____

3. What did the main character learn about basketball as the season went on?

   _____

Multiple Choice

1. What does it mean to be intimidated?

   a) To feel confident

   b) To feel scared

   c) To feel lazy

   d) To feel happy

2. What are words of encouragement?

   a) Words that criticize or put down someone

   b) Words that discourage or demotivate someone

   c) Words that inspire or uplift someone

   d) Words that make someone feel sad or unhappy