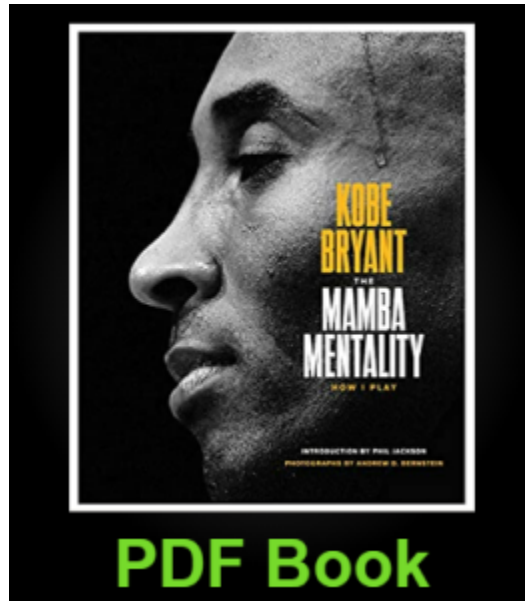


The Mamba Mentality PDF Book by Kobe Bryant



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It will certainly offer a deeper understanding of the detailed and dedicated way Kobe Bryant approached the game. It's one thing to have talent, but another to have the drive to learn the nuances. James Naismith is credited with having said "basketball is an easy game to play, but a difficult game to master." This is a window into the mind of someone who mastered it.



The Mamba Mentality PDF Book by Kobe Bryant

If you have an interest in becoming a better player, it is possible that the combination of Kobe's wisdom and the extraordinary photography of Andy Bernstein will help you do so. Kobe Bryant

entered the National Basketball Association with the goal and ability to become one of the best players in NBA history. Because of his unwavering commitment and dogged determination, he was ultimately successful.

Although having the opportunity to play for such a storied team as the Lakers provided him with an audience and a forum, his level of success was entirely the result of his own efforts. The first time I ever spoke with Kobe was in 1999 at the Beverly Hills Hilton, on the same day that I was formally introduced as the new coach of the Lakers. Before I went downstairs to meet the members of the press who had gathered in the ballroom, you and I were in a suite.

Kobe wanted to make sure I understood how excited he was to play in the triangle system and how knowledgeable he already was about it. This was something he wanted to stress to me. He had already become a "student of the game" and had looked into many different facets of the offensive playbook. At the age of twenty, he sounded as though he had been working in the industry for the past ten years.

When I was 17, I entered the NBA, and that's when I started lifting weights. There was nothing fancy about the lifting methods; they were just fundamental and tried-and-true methods that focused on strengthening one group of muscles at a time. Throughout the majority of my career, whether we were in the middle of a season or it was the middle of the summer, I would lift weights for a total of three hours and thirty minutes on Monday, Tuesday, Thursday, and Friday. When I say "lift," I mean the kind of lift that is strenuous, heavy, and causes you to lose feeling in your arms.

Following that, I would head into the gym to practice my shooting. My daily routine may have evolved somewhat over the years, but my philosophy has remained unchanged. If something has worked for other greats before you, and if something is working for you, why switch things up and embrace some new fad if it has worked for other greats before you? Keep doing what's successful, even if it goes against the grain of opinion.

I never gave much thought to my typical morning routine. It didn't matter if doing so was a possibility or not; that wasn't the question. Simply showing up and getting the job done was all that was required of me in order to fulfill my obligation to participate in the game. My daily activities were very taxing. It required me to get up early in the morning and work late into the night. Stretching, lifting, training, hooping, recovery, and watching films were all part of the routine. It required a significant amount of labor in addition to a commitment of many hours. It's—no lie—tiring.

Because of this, a lot of players reduce the amount of weight they lift and how much they train while the season is going on. They make an effort to limit their consumption of energy. Not in my opinion, though. I discovered that while this work could be taxing on a day-to-day basis, it

ultimately made me stronger and better prepared for the grind that is the latter part of the regular season and the postseason. As a result of that, I would often find myself in need of a short nap at some point during the day because I would become so exhausted. The Mamba Mentality Book, Available in PDF Format

If I was feeling tired, I would fall asleep no matter where I was: on the bus, in the trainer's office, five hours before the game started, or sixty minutes before the game started. I have found that taking a few 15-minute power naps throughout the day is all that is necessary to maintain my peak level of performance. Judy Seto was a young talent on the rise when I first started out in the industry. One time, after I had injured my ankle in some way, she was given to me to take care of.

It struck me right away that she was just as obsessed with training as I was with basketball, and as soon as I realized this, we formed an instant connection that could not be severed. Both of us continued to learn new things and advance in our respective crafts over the course of many years. Because of this, we were able to encourage and inspire one another to perform to the best of our abilities.

Both reading about and observing Muhammad were very educational for me. One of the most important things that I learned was that in order to shine in the light, you have to put in a lot of effort in the dark. It takes a lot of hard work to be successful, and when you are, people will celebrate your success as well as the flash and hype that comes along with it. However, behind all of that hype is seriousness, dedication, and focus—none of which can ever be seen by those on the outside looking in. The Mamba Mentality Book, Available in PDF Format

If you stop being dedicated to the craft, you will find that the commercials and contracts you have become increasingly difficult to obtain. In addition to this, Muhammad was a master strategist. The rope-a-dope tactic was one of his strategies that I tried to imitate. It's more of a catchphrase to a lot of people, but I like the psychology behind it, the idea that you can manipulate an opponent's strength and use it against them. That is an absolutely brilliant idea, and it's one that I put to use quite frequently.

After suffering an injury to my right index finger during the 2009–2010 season (see the previous page for more information), I was aware that my typical approach would no longer be effective.

Up until that point, I had always shot using the first two fingers of my left hand. As a result of the injury, I have been forced to place more emphasis on using my middle finger. My point of release ended up being in the middle, and I had to sort of allow my index finger to drift.

It took a few trials and errors to perfect that adjustment. However, these are not typical practices. Constant mental and physical labor dominated each day. After mentally downloading the software that was the new form, I had to manually download the information into the system.

On each of those days, I made certain that I reached my daily goal of one thousand makes. People have asked me whether the adjustment had an effect on my shot, and whether it made me a better or worse shooter as a result. The Mamba Mentality Book, Available in PDF Format

I am unable to respond to that. I'm able to attest to the fact that my index finger has, on occasion, experienced moments of complete and utter numbness, during which it lacked any sensation whatsoever. I am also able to say that despite its shortcomings, it was still good enough to win another championship, which is the only thing that truly matters. After suffering an injury to my right index finger during the 2009–2010 season (see the previous page for more information), I was aware that my typical approach would no longer be effective.

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I am also able to say that despite its shortcomings, it was still good enough to win another championship, which is the only thing that truly matters. It all comes down to skill and attention

to detail, once more. Some players were only concerned with how their sneakers looked and how shiny they were. For me, it was always about performing at my absolute best. It was due to the fact that I had to stand for forty-eight minutes every night as part of my job and depended on them to complete my tasks.

When it came to the technology that went into my signature sneakers, I was an absolute perfectionist about the process. I was concerned about each and every minuscule aspect. The weight, the weight distribution, the materials, the cut, the traction, and the durability were all important considerations for me. I paid close attention to the arcs, contours, and stitches in the garment. I didn't want any loose ends. It was important to me that my foot not move around in the shoe.

I did not want anything that could even momentarily divert my attention away from the game that we were playing. It wasn't enough for my sneakers to be comfortable; they also needed to improve my performance in some way. Nike, to its credit, was always up for a challenge of that nature. Every new signature shoe was an improvement on the previous model. We never stopped improving, and we never stopped looking for new ways to achieve greatness and innovation. Always looking ahead. Downloadable PDF of the book "The Mamba Mentality"

The routine I followed with Team USA was not as consistent as the routine I followed in the NBA. I made an effort to maintain my standard road workouts, but the weather and terrain were always major unknown factors. During the NBA season, I was familiar with the operations of each city and stadium, which made it much simpler for me to picture everything from the bus ride to the final buzzer in detail.

You don't know what the bus to the game is going to look like, you don't know what the training room is going to look like, and you don't know the layout of the arenas when you go to China, Spain, the UK, or Turkey. These particulars are prone to change, which meant that I needed to adapt accordingly. On the other hand, I always tried to bring the highest possible level of mental intensity to my games with the national team.

I knew I would be playing against guys that I had never played against before, and I also knew that I would be defending the best player from the other country, so I prepared myself mentally. I committed a significant amount of time to studying movies and attempting to identify my rivals.

The last thing I wanted to do was put myself in danger by taking an uninformed gamble against an unproven but talented player. It was essential to get ready ahead of time. Downloadable PDF of the book "The Mamba Mentality"

At first, I considered the expression "Mamba Mentality" to be nothing more than a catchy hashtag that I would create for use on Twitter. Something clever and easy to remember. But from that point on, it developed into something that symbolized a great deal more. The mindset is not one that focuses on achieving a result; rather, it is more concerned with the steps involved in reaching that goal. It's not about the destination so much as how you get there. It is a manner of living.

That is the mindset that I believe needs to be maintained in order to be successful in any endeavor. When I hear a top college or NBA player or a CEO from one of the Fortune 500 companies reference the #MambaMentality, I think it conveys a lot of meaning. When I hear other people talk about finding inspiration in it, it validates all of the hard work, sweat, and early morning wakeups that I've put in, and it makes it feel like it was worth it.

That's the main reason I decided to write this book. Each and every one of these pages contains a lesson, and not just a basketball lesson, but one on the Mamba Mentality as well. In the NBA Finals, this particular shot was a three-pointer that tied the game. No matter what happened during this play, I was going to get possession of the ball. Even if the defense had made an effort to discredit me, it would not have made a difference. In this particular instance, I was going to resort to any means necessary in order to get it. The Mamba Mentality Book in PDF Format - Free Download

Once you have possession of the rock, you must be aware of who is watching over you at all times. It is not enough to simply know; you must also know, and I was familiar with Rip Hamilton's defensive strategy. Rip had a strong grasp on the fundamentals, and he dealt with you in an honest manner. He didn't really break any new ground, which isn't necessarily a bad thing. To be fundamentally sound, however, was not going to prevent me from moving forward.

As a result, I evaluated him, made sure to keep all of that information in mind, and forced him to act in the manner that I desired. I rocked him back, dragged the ball over to the wing, and then stood up, knowing that he would only raise his arms to contest the play. When I got to that point,

the only thing that mattered was whether or not I made the shot. Our teamwork resulted in really solid spacing between players. They could not have assisted Rip even if they had done everything in their power to do so.

We would spread out across the floor and make certain that any additional defenders were a significant distance away. My shot, which was the result of a rapid rocking motion, would already have been in the air by the time they would have finished what they were doing. The lift that I'm getting is the very last thing that comes to your attention in the photograph. That didn't just happen overnight. Even though it was late in the game and the Finals, I was still able to get up because I had been keeping up with my workouts. The Mamba Mentality Book in PDF Format - Free Download

Even though it's a minor detail, the impact it has on the whole picture is significant. I would make my way to the basket, and once I was there, I would make every effort to attack it. When you attack the basket in that manner, you don't make as much use of your arms as you do of the rest of your body. That is how you establish a boundary between the two. When there are a lot of guys involved, it often happens that the defensive player takes on the role of the aggressor, and the offensive player gives in to this.

That was never my approach to the problem. When I went to the basket, I was attacking, but they were the ones who were in danger of getting hurt because I was the one going for the basket. I don't care if you're Reggie or Shaq; I'm going to go hard to the basket, and you're going to have to give serious consideration as to whether or not you want to contest it.

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