

Introduction

Dex

We welcome you to *Raising a Baller: The Top 12 Secrets from an NBA trainer every parent needs to know for developing an elite basketball player*. I'm Dexter Godfrey. I'm here with an elite basketball player, Chase Godfrey, and the superb Micah Lancaster!

Chase

Hello!

Dex

Micah is to top NBA trainers in the industry and world, as far as I'm concerned, Micah Lancaster. What's happening, Micah?

Micah

Hey, not too much. I'm happy to be here and excited to talk and go over many incredible things.

Dex

We are ready to roll. Let's talk about *Raising a Baller: The Top 12 secrets from an NBA trainer every parent needs to know for developing an elite youth basketball player*. Let's talk about why we created this resource.

I wanted to find the best resources to help my son, Chase, thrive in the world of basketball. However, I was outmatched by the super experienced professional basketball dads and moms on the sidelines. Do you remember those?

Chase

I do.

Dex

I'm telling you. I've seen everything from the premarketing spirit squad or the parent who became the coach to ensure their kid had the starting role.

And you know, while I enjoyed playing basketball as a youth, I was unprepared for some of these overzealous and super committed parents. Still, despite my limited knowledge of the basketball world, my competitive spirit started a quest to find resources to help my son, Chase, compete and get the edge over other players.

I began to look at the most successful NBA players—people in the basketball industry who were well respected and trusted for referrals. I also looked at videos. I looked to see if I

could find some books to help me, and to my surprise, nothing was out there to help answer my question.

After listening to multiple interviews with many NBA Hall of Famers, future Hall of Famers, my son's favorite NBA All-Star players, and many college elite basketball MVPs, one elite NBA trainer's name kept coming up over and over and over again. And who was that person?

Chase

Micah Lancaster.

Dex

Micah Lancaster. Here's a partial list of some of the NBA players that Micah has worked with. Chase, name all of them.

Chase

He's worked with

- Kobe Bryant,
- Dwyane Wade,
- Mario Chalmers,
- Victor Oladipo,
- Kyrie Irving,
- Karl-Anthony Towns,
- Brandon Ingram,
- Cedi Osman,
- OG Anunoby,
- Malcolm Brogdon,
- Evan Turner,
- Marcus Morris,
- Avery Bradley,
- Jeff Green,
- Norman Powell,
- T. J. McConnell,
- 2018 Indiana Pacers and Furman Korkmaz and many, many more.

Dex

Micah's success record of producing top athletes, his attention to detail, and his passion for helping players of all basketball development levels, immediately drew us to him. We knew he was the one for Chase. This gives you an idea of who he's working with.

Micah's basketball mindset and resources have helped Chase become recognized as one of the most exciting players to watch and have allowed him to play for even the legendary Hall

of Famer Bo Williams, the BWSL elite team. Because of this, it has also allowed him to skip middle school, JJV, and jump immediately to high school, JV, and the varsity ranks as a 10-year-old.

Now Chase's commitment and passion to the game have often required his weekly schedule to look unique. So, on average, Chase, what would you say is your average weekly schedule?

Chase

I wake up by 4:00 am. I have quiet time with God and journal. I'm a believer, so yes, this is important.

Dex

That's cool.

Chase

I attend school from 8:00 am to 3:00 pm. I eat breakfast and travel to school at 6:00 am. I study and do tutoring from 3:00 pm to 4:15 pm, and JV and varsity practice from 4:30 pm to 6:30 pm. I shoot around with the players who have the leading scores on the varsity high school team until 7:30. Then I do my skills enhancement before bed.

Dex

Mom and dad, Have you ever heard people say, "Man, that's just too much for an individual at such a young age. I mean, that's putting too much on the child." What do you say to people that might say that, Chase?

Chase

Many people misunderstand a baller's life; they often don't understand the time, commitment, and sacrifice that my family, friends, and myself make. I have to make a decision. I choose not to focus on the haters and those who misunderstand me. I prefer to focus on my game and the platform God has given me to touch the lives of others.

Dex

That's what I'm talking about, brother. That's what I'm talking about. That's good. Chase, before we move on, can you share how you got involved in playing basketball with everyone?

Chase

So, I was four years old when I started. And the reason is my uncle Tony bought a basketball for us. It's in the backyard right now.

I fell in love with the basketball hoop. He put it in our backyard and set it up. I used to go out there every day. And I kept going out there every day; even if it was cold, I would still go out there because it was just the love of the basketball.

We used to play on it every day, every week, even on Sundays. My brother and I played basketball because we had a basketball hoop. I could practice on it whenever I wanted. I started thinking with my shots, I could get to the NBA.

Dexter

You see! Uncle Tony gave him a tool, and he started dreaming. It was interesting because Chase and his brother would be playing, and we wouldn't think anything of it. I still remember when Chase was in pre-k.

Chase

Yeah, pre-k.

Dexter

We got a call from his preschool teacher one day that said, "Hey, you know, we're out at recess, and your son is making shots in the basketball hoop." And we were like, okay, thank you. Because we assumed, okay, every kid is doing that at that age.

And she said, "No, he's the only one in the class that can use the basketball and makes the shot. Everybody else can't get it into the rim, but he's not only getting it to the rim, but he's also making it."

With that perspective, we were like, "Well, oh, okay. Maybe there's something there. So, then we put Chase in this first little small tournament where the little kids were; they would have little Xs on the court, and you had to stand right there on the X, and it was right in front of the basket, and they would lower the rim..."

Chase

They would lower it to seven feet.

Dexter

Yes. And we realized when we got there, they had little Chase on the back X, but he was staying even further away from the basket than that X, and he was launching shots and was making them, and it just shocked the audience and shocked us too that even at that age.

He was hitting the shots with that. We realized, "You know what? This is more than just recreation at this moment. We've got a gift here. It's our responsibility now to develop it."

Chase

Dad knew it was time to do something. So, in Kindergarten, I started playing with the second graders. And then first grade, I played with the fourth graders. Now in this book, we are all talking to Micah.

Dex

That's right. Now we are talking to Micah. Chase, do you want to say anything to Micah?

Chase

Yes. What we want to do is thank Micah, not only for the way you've poured into our lives, but we want to thank you for helping us to create this needed resource in the marketplace.

Dex

That's right. Through Micah's training, mentoring, and other local and national trainers, Chase now leads and develops training to help other youth. Micah, tell us your basketball story from early childhood to becoming one of the world's best-known basketball trainers. What does this look like?

Micah

Absolutely. It will look a little bit different than what's happening for Chase. Chase has a head start; you know, his type of passion and the way he's pursuing the game is unique. I didn't figure out quite as early as he did, but basketball was always something that I loved, you know, so it was always a dream of mine. I watched the game, you know; I was always looking up to NBA players Isaiah Thomas and Michael Jordan; those were the types of people I was digesting. I wanted to get as much as I could.

I'll start my story in the eighth grade. I knew that I wanted to play basketball. It was always a huge dream; I wanted to play college.

If you think about a player whose dream was to work towards the game and play college and professional basketball, all came to a head in eighth grade. I was going to a private school in Grand Rapids, Michigan, and that school was a perennial power at the Class D level. That was the minor level in the state of Michigan.

In the eighth grade, the varsity coach of that team came to my family and me and said, "if you go to this school, you will not play." Imagine being in eighth grade with this dream of playing college basketball, and my coach tells me before I even get a chance to prove myself, "you'll never make it." That coach went on to say, "if you go here, you'll never see the floor."

Fortunately, at that time in my life, my parents supported me. They determine, "okay, so if that's the case, we're not going to go to that school." Instead, I started planning to go to my local public school in the ninth grade.

I entered that year, starting a new journey and a new school. On the first day of school, I was bullied. They were waiting for me at the end of the day to beat me up. Let me give you a little background on my physical makeup:

I'm a 4'11, a freshman in high school at a brand-new school, and I was carrying my basketball with me. The bullies didn't think that "it didn't look right." They didn't know I looked the part. My parents thwarted their plans because they pulled me out of class by the grace of God. After all, we were moving.

Crisis averted, right? Well, there's a bit more to the miracle. Our house had been up for sale for the past six or seven months, and our house sold on the first day of school! And so, before the day ended, they told me we were moving 25-minutes to the north side of Grand Rapids to go to a new school.

I got out of that environment and am heading to a new school. Again, I haven't grown a whole lot in one day. I'm still 4'11, a freshman in high school, and I'm carrying my basketball the same way I did the day before. Instead of being a bully this time, a teacher pulled me into the classroom and gave me a talk. He says, "Hey, basketball's not going to be for you." He was trying to protect my feelings so my dreams wouldn't crush me—I wanted to play in college or professionally.

Here's the thing. If you tell me I can't, I'll prove I can. Everything started right then and there. I went through freshman year, and I had a good season. I played on the JV team because I always worked on my game and had some early skills.

Now, my sophomore year is coming, I'm 5'2, and I was skilled enough. I worked hard enough that I got moved up to varsity. However, I played one game, and I got moved back down. I got called into the coach's office. The coach said, "You know what? You're too small to play, and you'll get hurt. This probably isn't something you're going to do in college."

It was the same speech from the teacher—I've heard all of this before. I was getting it all the time. (It's even the same speech I often hear parents tell their kids). After the speech from the coach, I ended up playing JV, which was fine as a Sophomore in high school, and only 5'2.

The lie I had in my head (and many other people at the time thought that way too) was that to play college, you got to be on varsity as a freshman, or at least by a sophomore if you're going to make it. But that didn't happen for me. But I continued working on my game because that's what I know how to do.

My junior year in high school comes along, I'm 5'6, and now I'm finally going to play varsity. And if you can believe it, I tore the cartilage in my knee on the very first play of the first game! I sat in pain, feeling like my dreams were just crumbling. I'm finally going to get my opportunity.

I mean, can you blame me? I was getting these gut punches and hits nearly every time I tried to take action. I ended up playing the year pretty hobbled. I don't know if I ever reached a healthy year or had beneficial games. My junior season comes and goes. I have no colleges wanting me, and everybody seems to be right—I'm not going to live my dreams.

I had to make a decision. How many of you have been at this crossroads? You have the dream, work, and try to achieve it, but life seems to slam all the doors in your face? Who else feels like this?

For this next part, I just owe it to my parents. My parent's ability to just simply support me was vital! They didn't know what they were doing. My dad was a wrestler. I didn't have any coaches or trainers that were pushing me. I just wanted to play, so my parents made a deal with me. "Hey, you don't have to work this summer. We'll cover your gas money if you just put everything into your dream!"

That was the deal. I would put everything that I had into the game that summer. So, we found a local gym, that way, I could get a membership, and literally, I packed breakfast, I packed a lunch, and I trained that summer six days a week, eight hours a day, and I just put myself through it.

Chase

That's dedication.

Dex

This is dedication.

Micah

Yes, that's where I started learning what dedication was. But, something was missing. I still remember being in the gym, you know, by myself, eating my breakfast, then working out, then having my lunch and working out with that vision in my head—I'm going to play college, I'm going to play college, this is going to work.

That summer, I started figuring out how to organize my workouts because the drills' boredom and repetitiveness were getting to me. I don't even know if I'm doing this the right way, but I'm there every day—six days a week.

When I looked forward to the future, I started getting organized, which was the whole. I didn't know if this was working, so I started getting creative. I started scheduling what I would do on Monday, Tuesday, and so forth. You know, the complexity of what I do now started right then and there. I put myself through it; I trained that year, not knowing if I was doing it right.

My senior year has come; I'm finally 5'9, which I always say is the monstrous size I am today. My hard work pays off! I scored 25 points per game that season. Our team only loses two games the entire season; we go into the tournament, and I average 30 plus points per game.

We ended up attending the state semifinals at the Class B level, the second-largest school size in Michigan. But, we, unfortunately, lost in the state semifinals. However, that's when I got my first and second scholarship offer all of a sudden. It started happening because I finally had the results.

I was an All-State player that year, and I ended up signing at Spring Arbor University, the first school to offer me, so I felt, hey, you're the first one, I'm taking it. And so, the rest is

history. I ended up being a college All-American at the NAIA level. I played in the International Basketball League and was an all-star there. Following all of this experience, I got into training after that.

That's my story about how it all happened. When I look at players like Chase, that's who I gravitate towards because I see that dream that I had. Kids like Chase, I'm drawn to because I understand his dream.

Dex

That's huge. You had the guts to carry that ball around with your Freshman year at 4'11, and you never doubted yourself. You heard all the doubters and haters. They never thought you were good enough, but you had that right. The haters and the doubters are everywhere, but you never listened to them. Incredible. Chase, here is my question for you. What do you say about haters or doubters coming to you?

Chase

That's easy. I don't play for the haters or the doubters. I play for myself because I like the game. And the doubters and the haters can say whatever they want, but it still won't tick me off my game. I ignored it and worked harder and harder to get where I wanted to go because I played for myself.

Dex

Incredible! So, let me ask you this, Micah, how do you deal with those haters? What caused you to hold onto your dream so much that you were willing to say, you know what, I'm eager to fight for this dream? What advice would you give to parents with kids who either are or want to be elite players and deal with doubters and haters?

Micah

You know, dreams are just a personal thing when it comes to dreams. When people said that I couldn't do it, it didn't make sense because they weren't me. It was my dream. I had it. I felt like I was doing what I was supposed to be doing in every part of my being. I felt

God's purpose in my life at an early age. He had blessed me with this gift of basketball. I didn't know to the extent where I'd be now, but I knew that my purpose had something to do with basketball, so that dream was just simply in me.

When something is in you, and you know what you want and love, Doubt your doubts before you doubt your dreams. Simply look at those people and say, "Well, they just don't get me. They don't understand, but I'm going to do this. I'm going to pull this off."

I still deal with plenty of doubters, critics, and haters today. And to me, I just look at it as an opportunity to educate. You know, as a teacher, I'm going to educate you more because you don't get it yet. And so, in many ways, when people would doubt, or throw, you know, critique at me, I looked at that opportunity not to prove them wrong, but to prove me right.

Dex

That's good.

Micah

It always came back to me. I spent that summer figuring it out. I put in the work, and I put in the dedication. No one will make this happen for me, and I'm going to have to figure it out myself. That's when you have to get organized; you have to come up with a plan; you've got to attack it.

Dex

And you know Micah, you have genuinely helped Chase even with his mindset. And us working with you, you have instilled in that, so even when you were in eighth grade working or getting into that gym, going to the high school level. You didn't know it, but now you were prepared not only for Chase but also for the other players and parents like me that would've given up at that moment. But it was what you went through that is now helping us go to the next level, and we are grateful for that.

With your background and story as a foundation for this book, let's jump into these top twelve secrets.

GAME SUMMARY

WOW! Thanks, Chase, for sharing your story about how you got started. And WOW again! That was an incredible story about Micah. Talk about someone entirely qualified to do what he does and with all the great names to back up his training.

- Kobe Bryant,
- Dwyane Wade,
- Mario Chalmers,
- Victor Oladipo,
- Kyrie Irving,
- Karl-Anthony Towns,
- Brandon Ingram,
- Cedi Osman,
- OG Anunoby,
- Malcolm Brogdon,
- Evan Turner,
- Marcus Morris,
- Avery Bradley,
- Jeff Green,
- Norman Powell,

- T. J. McConnell,
- 2018 Indiana Pacers and Furman Korkmaz and many, many more.

I can see why Chase Godfrey is working with him. Micah's story of dedication, hard work, and dreams really can change your life. You know the most fantastic point of that introduction was that Micah never gave up on his dream. He fought for it.

Parents and kids out there, do you have this dream? Are you ready to fight for it? Let's jump into Secret number one and learn what you will discover next!

Secret Number 1:

The Number 1 Thing You Don't Need to Make Your Kid a Baller!

Dex

“What is the number one thing you *don't* need to make your kid a baller?” I feel I'm the least qualified to help my son, Chase. What advice would you give a parent who feels overwhelmed or underqualified to help their child in their basketball development?

Micah

Parents, you don't need to have a player or coaching resume. Remember my story? My dad was a wrestler. He didn't know the game of basketball, where to start, and didn't necessarily do all the right things. He didn't put me in the correct positions to succeed, even though he did his best for me. Even though he didn't know what he was doing, he just did the best he could and allowed me to work. And so, I'm so thankful for just the support.

The first part is allowing the kid to have the opportunity. That's stage one—the easiest part. Parents, just do what you can to create a safe environment to work towards this dream. That's the first step.

The second thing is that using our system works. When I was training myself, there wasn't anyone to give me a bias or say I was too short, lacked enough skills, or couldn't do it, etc. No one was telling me these things. I was at the gym, putting in the time and the work to develop my skills and organize my workouts. It was just me. And that's why I know it can work for anybody if it works for me.

I've refined the system. I trained hundreds and thousands of people to become trainers; they didn't always have basketball backgrounds.

We've had people who never played the game of basketball at a college level, sometimes even a high school level, but have learned our system and become phenomenal trainers in their area. We've had trainers who have been successful, who have been construction workers, who own construction companies that have become trainers. A few of those have helped us train NBA players now.

How is this possible? Because of the system and knowledge around a skill that is developed. You could be like my dad, the wrestler, and you can still learn our system and how to train players and put that environment around them for them to succeed.

Now more than ever, in the history of basketball, you don't have to have the ability to know the game or have a playing resume. You don't have to have any of that. Now you can simply plug in, learn the ins and outs of skills, all the techniques, all the details of the basketball game, and you can help any player find success in the game.

Dex

See, that's comforting to hear, Micah, because when you say that I don't need to have a playing or coaching resume, it allows me the freedom to be a parent. I'm an accountable parent who provides the environment for my elite player to develop. As we go along with I don't need the resume, what, at a minimum, like your father who was a coach or the wrestler, as a parent, what's required of me in that environment to have my elite player to at least be successful? I'm not the player; I'm not the coach; I don't know all the technicalities.

However, you say I can learn the skill. Do I have to have a particular mindset? Do I just have to be willing? What's my responsibility to not push on somebody else as far as a coach to help him go where he needs to go?

Micah

Yeah, I think the best thing a parent can do for a player like Chase is to become the support system and hold them accountable. And what's special is when you learn how to organize properly. And so, I go back to that summer when I didn't have anyone holding my hand, and I just had to figure it out. I had a safe place to create an organizational system.

I wrote out what I was going to do on Monday. I planned a morning and afternoon workout: ball handling, footwork, finishing, and shooting. I started mapping it all out. Now that I have a system, we teach parents to give support in the following ways:

Parents, start plugging yourselves into learning drills and different methods. Take the time to write out everything they know, every drill they've ever learned, and say they map it out. They can develop a list of 50 or 60 things they already know. And then all you have to do is break that up into a schedule.

I can take these three things and do them on Monday. I can take those four things and do them on Tuesday. If you can plug into a system like ours, you can pull from different drills and methods that we teach in our system, and you can start mapping out an incredible schedule built around them. You begin creating this organizational system based on what you already know and what your player has learned from other coaches and trainers.

When you talk about Chase's schedule, it's mapped out and organized. It's the support system because once a player is organized, it's incredible what can happen. I've been around so many NBA players that I can ask them about their notebooks and pull out this organized system of everything they learned. They have it documented.

Kobe's documentation is massive. His book is thick and full of everything that he learned; you know that coaches and different people taught him over the years. Successful players tend to have something like that. That's what I gravitate towards when helping players and helping parents with their children.

Parents and players need to create an organizational system and a calendar to get organized to know what they're doing. They can say, "This is my dream, and this is how I'm backing it up because that's what the calendar and the organizational system will do."

GAME SUMMARY

That was like a breakaway pass and easy lay-up to score with all the fast-paced information. Let's see if we can tidy that up:

- 1) Phew! Parents, great news! You don't have to know much about the game to be the best support for your child. That helps to put the pressure off you trying to suddenly learn the game and be that support factor for your child in the game.
- 2) The most important thing is to help your child create an organizational system and calendar to help your child get the work done.

Remember Micah's story?

I look back at my dad as a great model for not knowing the game and still being supportive. My dad didn't know enough to take that role. As a wrestler, he was learning to enjoy the game, and by the time I was done playing, he knew it well. But during that process, he never had the mentality or the knowledge to shout something at me. But I always look back; my dad would support me even when I was at the top of my game.

I knew when I made a mistake, and my coaches knew that I knew I made a mistake. It was rare for them to yell at me for it. All I needed was a nod, an eye, you know, a look, and communication between saying, "I know, I know."

That's what parents need to understand too. When a player makes a mistake, they know they made it. They don't need to have a reminder of that. They need to get back and focus on the next play. So, you already have a possibility of a coach that's going to be giving you that look. You don't need the parent that's also giving you that look. You need to stay focused on where you're at.

The learning needs to be saved for later. You know, so I think the best way to approach it for parents is to cheer for the successes, players, and the team and celebrate all of it. Take note of the mistakes because those are great conversations that we could have later in the car, ride back; "hey, what happened on that play? You know, what was going through your mind?"

Those are the types of conversations I would genuinely have with my dad because they were genuine conversations and so helpful for me because we could talk about it. He could give me some good suggestions of what he saw—his take on it, but it always came from a place where I could learn from it.

I think a lot of times, I always mentioned what a lot of people saw as my shortcomings, you know, from an opportunity standpoint or just kind of my starting point in the game. My resources were a blessing to have less than the standard prototypical player because I didn't have any of the outside pressure. I had a healthy place to develop, make mistakes, and grow.

With that Game summary, I'm ready to jump into secret number two!