

4 keys to LeBron James' success, by Mexican basketball team coach



Photos: AFP

The **Los Angeles Lakers** have won their 17th [NBA](#) basketball title and [Lebron James](#) has obtained **his fourth ring** and his **fourth trophy as Most Valuable Player** in the finals.

Accompanied by key players such as **Anthony Davis** and **Rajon Rondo**, the man they call "**King James**" beat Miami and has now become **champion with three different teams**.

Sergio Molina, coach of the national Mexican men's basketball team and manager of the Rams from Tec de Monterrey's Hidalgo campus, analyzes the keys to his success.



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Lebron James, great among greats

“Lebron James is one of the greatest basketball players there has been in the history of this sport.

*“He’s one of those who’ll **go down in history**. I think he’s a player who stands out and will always stand out because of his **physical prowess** and because he **practically dominates all the positions**,” explains Molina.*

Here are the **4 keys** he sees to **Lebron’s success and mastery of the game**.

1.- A unique physique

Since he was very young, **Lebron James** has stood out for his physique and **athletic abilities**, which Molina says are above average.

*“When you talk about Lebron, it’s important to emphasize the **innate physical qualities he has**. **He’s a physical powerhouse**,” he says.*

*“**Lebron stands over 2 meters tall**, but he’s very skilled,” he adds.*

2.- Very demanding training

In many respects, **Lebron's** stats are even better than when he was younger, and that speaks of the tough training he goes through.

*"It's important to emphasize **the focus and investment he makes in his training** in all senses.*

*"We all know he **invests millions of dollars in his body to maintain it. He's a player who's about to turn 36 and still dominates the game. Lebron is always preparing to be the best.**"*

3.- Unique smarts on the court

*"He's a **very smart player**. There's a lot of talk about how quickly **he learns all the offensive systems and defensive options** of the **opposing teams**," says the Mexican team coach.*

*"He's really smart and **he dominates all the positions in the game**, from point guard to inside and outside positions," he adds.*

It's remarkable that James **doesn't just stand out among the best scorers** in history, **but also among the most important passers**, which speaks volumes about how he plays the game.

4.- A voracious appetite for victory

A large and almost obsessive **sense of competition** is something that has characterized other basketball greats such as **Jordan and Kobe Bryant**, which Molina emphasizes Lebron has too.

*"Undoubtedly, **one of the keys to his success is also that appetite for victory, to go above and beyond**," explains Molina.*

*"He's a player who has an appetite and a capacity for victory, as **he's always figuring out how to win. He's a winner.**"*



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Is LeBron now in the same league as Jordan?

Talking about the ongoing and now rekindled **discussion** as to whether **Lebron James can be called “the greatest in the history of basketball”** and is now at the historic level of **Michael Jordan**, Molina has this to say:

*“I think that right now, **he’s undoubtedly the greatest player of this generation.** He’s a player **who’s dominating basketball.** Lebron’s a leading player.*

*“But I think **you have to respect all players and each of their generations.** We know that **Michael Jordan** is an icon. **He’s the international image of basketball,** and I wouldn’t like to compare them because I think **they come from clearly different times.***

*“But I do think we’re definitely in the presence of one of the greatest players of all time (...) At a statistical level, I think he’s **one of the best two players of all time.**”*

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