

THINGS I WISH AN OLDER, EXPERIENCED COACH WOULD HAVE TOLD ME WHEN I WAS YOUNG

1. JVK'S RULES

- a) Find yourself (This is a lifetime process)
- b) Find your unique gift or talent and develop it
- c) Give your gift away

Jerry Krause gave me these rules many years ago. They really teach servant leadership if applied to your coaching.

2. BE WHAT YOU IS BECAUSE IF YOU BE WHAT YOU AIN'T, YOU AIN'T WHAT YOU IS

Kids can spot a phony or con man a mile away. Try to adapt the good ideas of coaches you study rather than adopting the whole ball of wax.

3. GET ALL THE GOOD IDEAS BUT YOU CAN NOT USE ALL THE GOOD IDEAS

Your personality, your personnel, your league, your school, your geographic region, resources available and many other things will impact just what you can use in your program.

4. PROMISE LESS AND DELIVER MORE

Never promise wins and always provide attitude and effort.

5. DON'T SAY ANYTHING BAD ABOUT YOUR PREDECESSOR EVEN IF IT IS TRUE

6. PREFERABLE TO HAVE PLAYERS QUIT RATHER THAN HAVE TO DISMISS THEM FROM THE TEAM

When players just won't buy in or refuse to get on the same page, tell them what they must do and let them make the decision

to no longer be a part of the program. Do not rip them in the paper even if they deserve it.

Simply say that, "This is probably best

for all concerned. We wish this young man/woman only the best in whatever they choose to do.

7. NEWSPAPERS BUY THEIR INK BY THE BARREL AND YOU BUY YOURS BY THE PEN

The old adage that whoever has the piece of chalk last wins certainly applies to the print media. They always have the last word.

8. THERE IS NO SUCH THING AS A FREE LUNCH

Whenever someone gives you or the program something, they will eventually want to be paid back in some fashion.

9. MAKE EACH DAY YOUR MASTERPIECE

That is all we are assured of having so lets embrace the precious present. John Wooden's father gave him this advice.

10. WHAT MAKE A PAINTING A MASTERPIECE IS WHAT YOU TAKE OUT

Simplify. The more that players think the slower their feet get. (Jerry Tarkanian)

11. SEE THE PICTURE, SELL THE PICTURE, PAINT THE PICTURE

Dick Bennett authored this one. You must be visionary, sell the vision to your people, and then everyone paints the picture.

12. ALL THE GREATS KNOW HOW TO KEEP IT SIMPLE (Jack Whitaker)

13. AVERAGE TENNIS PLAYERS HAVE A GREAT VARIETY OF SHOT WHILE GREAT TENNIS PLAYERS HIT THE SAME OLD BORING WINNERS (Vic Braden)
14. LESS IS MORE (Donn Nelson)
15. THERE ARE TWO KINDS OF PAIN; THE PAIN OF DISCIPLINE AND THE PAIN OF REGRET
The pain of regret is experienced in March for most teams and at the end of careers for most coaches.
16. MOST PARENTS WOULD RATHER SEE THEIR CHILD MAKE ALL-STATE RATHER THAN THE TEAM WIN THE STATE CHAMPIONSHIP
17. COACH NOW THE WAY YOU WANT TO BE COACHING TEN YEARS FROM NOW (Jerry Krause)
18. STAGE OF COACHING (Jeff Janssen)
- a) Survival---Just trying to hang on, learn, make it through your formative seasons as a coach.
 - b) Striving for Success---Trying to win championships, games, the respect of your peers.
 - c) Satisfaction---You hve some success and put it on cruise control and go through the motions. No fire in the gut.
 - d) Significance---You are more than a coach. You impact lives, influence communities, and make worthwhile contributions to the lives of players, coaches, and others in your circle. 80% of coaches never reach this stage.
 - e) Spent---There is nothing left in your tank. It is no longer fun, important, or satisfying for you to coach.
19. MAKE THE BIG TIME WHERE YOU ARE
Don't wait until you get that big time job or pro job to do the very best you can. Make the big time where you are. It is a state of mind. Frosty Westering has authored a great book with this title.
20. PRAY FOR STRENGTH, GUIDANCE, AND FORGIVENESS EACH DAY
Strength is of no value without the wisdom to use it properly. We all misuse our strength or power and need forgiveness when we do so.
21. BUILD YOUR OWN ARMY.
Keep a low profile when you do this. Don't be obvious. Give something without expecting something in return.
A hamburger feast, Wolfdog Festival, or some other event to show appreciation to those who support the program and kids.
Daily acts of kindness and doing the right thing are the key to building a loyal army.
22. YOU MAKE ENEMIES MUCH FASTER THAN YOU MAKE FRIENDS IN COACHING (Abe Lemmons)
23. KEEP YOUR FRIEND CLOSE TO YOU AND YOUR ENEMIES MUCH CLOSER (The Godfather Movie)
24. WHO IS WORKING FOR YOU WHEN YOU ARE NOT THERE (Tommy Smith)

Who is helping you with the recruit you are trying to get in some far away town, in the local barber shop when fans criticize you,
at the dinner table when parents are ripping the coach in front of their child, etc.

25. I NEVER ALLOWED MYSELF, MY STAFF, OR OUR PLAYERS TO GET SATISFIED (John Wooden)

There is always something that can be done better.

26. THE LEAST USED RESOURCE IN THE UNITED STATES IS TEAMWORK

27. THE SADDEST DAY OF YOUR LIFE WILL BE THE DAY YOU FIND THAT YOU ARE NO LONGER PRODUCTIVE

28. HELP THE HELPER

Encourage the encourager. Credit those who sacrifice of themselves for the good of teammates, team, and program.

29. READ EACH DAY

Go to our website. www.coachmeyer.com Go to the Coaches Corner and punch the Must Read Books Section to find our favorite five. The Wooden Book, Tuesdays with Morrie, Make the Big Time Where You Are, First Things First, and The Art of Living.

30. WATCH TAPE EACH DAY, TAPE THE TEAMS OR PROGRAMS THAT PLAY THE WAY YOU DO OR WOULD LIKE TO,
HAVE A FEW GOOD "IDEA PEOPLE"

31. HAVE A THOUGHTS AND NOTES JOURNAL THAT YOU KEEP JUST FOR YOU (Dick Bennett)

32. ADD VALUE TO YOUR LIFE AND THE LIVES OF OTHERS YOU TOUCH AND YOU WILL BE INVALUABLE (John Maxwell)

33. PEOPLE DO NOT PAY FOR "AVERAGE" (John Maxwell)

Great people do not want to be average, associate with average ideas, or put out anything average with their name on it.

Have something you do that is great to get employers, players, coaches interested in you.

34. LEARN WHO YOU ARE AND WHAT YOUR GAME IS (Rick Majerus)

35. PICK BATTLES BIG ENOUGH TO FIGHT AND SMALL ENOUGH TO WIN

36. DON'T WRESTLE WITH A PIG BECAUSE YOU BOTH GET MUDDY AND THE PIG LIKES IT (My uncle on administrators)

37. SOMETIMES A GOOD ENEMY IS BETTER THAN A GOOD FRIEND

38. GET UP FOR EACH GAME

UP= Sense of URGENCY and sense of PURPOSE

39. DO NOT LET YOUR ASSISTANTS GET YOU FIRED

40. SPEND INFORMAL TIME WITH YOUR COACHES AND PLAYERS

Meals, trips, games to watch, retreats, and spontaneous times where they see you as a person and not just a coach.

Many times your best teaching will take place in these settings.

41. HAVE YOU PLAYERS SIGN IN DAILY AT YOUR OFFICE

They see you and you see them each day. Messages, information, mail, etc. can be given at this time.

They have time with each other if your office arrangement permits. Our seniors sign in until they graduate.

We are responsible for them until they graduate and often find ourselves responsible for them long after that.

42. HAVE A GOOD "MOLE" TO PROVIDE YOU WITH INFORMATION OR RECONNAISSNCE

The military calls it G2. Even in the Bible "good spies" we sent ahead to get valuable information.

43. USE ONE MINUTE ASSESSMENTS

One thing YOU did well and why.

One thing WE can do better and how.

44. TEACH, TEACH, TEACH

You better have good practices. (Al McGuire)

45. GREATEST STRENGTH; GREATEST WEAKNESS

If you only rely on your strength, it will eventually become your weakness. Strive to be a total package coach.

46. TO WIN CHAMPIONSHIPS YOU HAVE TO OBSESSED ABOUT THE FUNDAMENTALS
(Joe Gibbs)

47. IT IS NOT WHAT YOU TEACH, IT IS WHAT YOU EMPHASIZE

We all teach the fundamentals of the lay-up. When a player misses a lay-up and has to do five push-ups or makes a lay-up

but the ball touches the rim and has to do three push-ups, THAT IS EMPHASIS.

48. FOR EVERY 100 WHO CAN HAND FAILURE, THERE IS BUT ONE WHO CAN HANDLE SUCCESS

49. YOUR CHARACTER OR LACK OF CHARACTER WILL DETERMINE WHETHER OR NOT YOU ARE A CREDIBLE COACH

(Jeff Janssen)

50. THE ONLY THING THAT CAN KEEP US SAFE IS HUMILITY

PLEASE CHECK OUR WEBSITE www.coachmeyer.com OR CALL US AT 605/626-7730 OR 605/626-2230 FOR INFORMATION

OUR MAILING ADDRESS IS: WOLVES BASKETBALL OFFICE
NORTHERN STATE UNIVERSITY
1200 SOUTH JAY STREET
ABERDEEN, SD 57401-7198

Thank you for your time and we hope this will help you and your program.

Northern Basketball

Special Situations

- **Jump Ball:** Sandwich, hands up, BOPCRO, steal, run secondary, violate
- **Baseline OB Defense:** Body up, tag, free man, fist to trap corner
- **Sideline OB Defense:** On/up line, free man, ball side of screen, Purdue adjustment on/up handler, 130 let it in with free man in front of post
- **1-4 Low Defense:** Fake trap, 1-1-3 tandem, dork trap, cross fist and rotate out
- **Delay Game Defense:** Regular, zipper, trap, foul (grab left wrist)
- **Sideline OB:** Spread, line, secondary, Kentucky, Purdue, wrong way play @ half, short seconds slip a screen
- **Free Throws:** X, Y, slow X, Miss it X, Violate if ahead, double violation
- **Presses:** Fast break, 12/13/14 vs. zones, spread, line, Iowa State, spread pull Iowa State, Kentucky run out, step out Kentucky run out, 1.) Best in-bounder 2.) Three available with deep diagonal finisher 3.) Best in middle 4.) Post commits ball side 5. Shorten the pass 6.) Reverse it twice 7.) Engage 2 8.) Crack back 9.) Clear crack back 10.) Attack the middle 11.) Pass fake and look opposite 12.) Step out and step in free throw shooter when they are fouling
- **Pressure:** CLOCK – attack it with chaser, back screen, be aggressive, 5 and 5 high, down
- **Comeback Game:** Platoon shooters / foulers / defenders, keep rebounders in on free throws, getting three's (crack backs, 33/66, down to a 3, #1 penetrate, green, up, Florida up, Denver
- **Triangle and 2:** #1 play into motion, use zone defenders for screens
- **Box and 1:** #2 motion with 1 player screening and use the zone defender as a screener
- **Giving a Foul:** Fouls to give, three point lead. Don't foul ___ Who to foul ___
- **Last Shot of the Game:** Who, What, When – rebound to stop or get put back – long heave off 1 foot at buzzer, one more dribble, trap the dribbler with the shadow, foul if up three in short seconds
- **Full Court Specials Verses Pressure:** Spread, spread Iowa State, spread pull Iowa State, Kentucky, Wake up, home run, line (especially if they are fouling)
- **Don't bank timeouts, cant eat them, use wisely control tempo-running TO's**
- **Who has the possession arrow:** Double violate to get possession when on defensive or offensive free throw, don't let them
- **Don't leave the bench or celebrate on last shot (technical)**

Substitution

Listen to instructions
Report to scoreboard
Ref beckons you in
Run in, touch and talk
Run off and get instructions

Match Up Point and Talk (Bump or Trap)

Positioning, anticipation, and technique
Guard someone, don not guard air
No two on the ball / front the post
Keep it out of the middle, drives and high post
Rear end to baseline / hoop count the sideline
Middle post defender talk constantly

THINGS WE HAVE TO LEARN EVERY YEAR

1. YOU CAN PICK CAPTAINS BUT YOU CANNOT PICK LEADERS (THE FOXHOLE TEST)

When we think our team is ready each year, we have our players take the foxhole test. They draw a circle to represent their foxhole. They write their name at the front of the foxhole. They draw a line at their rear, their left, and their right. On each of those lines they write the names of teammates they would want in their foxhole if they were fighting a life and death battle.

The position to their rear is worth three points and is awarded to their most trusted, courageous, and tough teammate. The position to their left is worth two points and is awarded to the second most trusted, etc. teammate, and the position to their right is awarded to the third teammate they would pick and is given a value of one point.

This test cuts through all the friendships, cliques, and is the truest measure of what players really think of their teammates.

It might be a good idea for each coach on the staff to do this with his/her coaching staff, administrators, teach associates, and of course your team. There are many people who would love to have around on the golf course or in a duck blind but deep down you know that defeat is assured if they are in your foxhole.

2. YOUR TEAM IS NEVER AS TOUGH AS THEY CAN BE AND YOU CAN NEVER ASSUME THEY ARE TOUGH ENOUGH

When looking in the dictionary you see descriptions for toughness such as: hard to break but not necessarily hard to bend, difficult to get the better of, apt to be aggressive, able to resist, etc. When we think of toughness we immediately think of mental toughness and then physical toughness. LET ME SAY AT THE OUTSET THAT A TEAM WILL NEVER BE TOUGH WHEN THEY ARE COACHED BY A STAFF OF COACHES WHO ARE NOT. The hardest thing we have to do each day as coaches is saddle up and face the day with the attitude we want our players and team to adopt. WE CANNOT SELL THEM SOMETHING THAT WE DO NOT OWN.

My most difficult task as coach is to be tougher on myself and more demanding than I was the day before. THIS IS ESPECIALLY IMPORTANT WHEN YOUR PROGRAM IS WINNING GAMES. For every 100 who can handle failure, there is but one who can handle success. Winning can weaken the resolve of those who worship winning and does not plan, practice, play and coach to a higher standard.

THE BEHAVIOR OF YOUR PLAYERS IN THEIR ACCEPTANCE OF FATIGUE, BAD CALLS, TURNOVERS, MISSED SHOTS, BEING OPEN AND NOT GETTING THE BALL, HARRASSMENT FROM THE OPPOSING FANS, TRASH TALK FROM OPPONENTS, AND THEIR AND THEIR TEAMMATES FAILURES AND SUCCESSES will tell you all you need to know about how well you are teaching the life long lessons of toughness.

3. PLAYERS AND COACHES, EVERYONE IN YOUR PROGRAM MUST BE WILLING TO CHANGE WHEN IT IS FOR THEIR IMPROVEMENT AND THE BETTERMENT OF THE TEAM.

This is the thing that always concerns us in our recruiting of players. We are not for every player. The solid programs will have attrition because there is a standard, a level of excellence, a desire for learning and improvement on and off the court that is demanding and is therefore character building in nature rather than a look the other way. That is probably why we have not have many transfers in our program from four year schools or junior colleges in our 30 years of head coaching. The few that we have had were outstanding kids and developed into great team players.

As a coach you are constantly studying to find a new and better way to teach the game and YOU USUALLY FIND THAT THE OLD SCHOOL WAYS ARE STILL THE BEST. The TEST OF TIME is the master teacher and is a cruel but the fairest of all teachers. You will never have a team if the best athlete on your team is not someone willing to be molded and taught to play the game and conduct themselves in the proper manner. If your leader is of suspect character, the fabric of your team will be torn apart when the first negative winds attack from outside the program. If your best athlete is a great leader, no amount of negativity will rip the team apart.

4. THINKING AS A TEAM, BECOMING A TEAM, AND ALWAYS REMAINING A TEAM IS THE SINGLE BEST THING THAT YOU CAN TEACH YOUR PLAYERS FOR THE PRESENT TIME AND FOR THEIR LIFE AFTER THEY LEAVE THE PROGRAM.

When you play a game, travel on the road games, register for classes waiting in long lines, eat in a restaurant, befriend or ignore a young child after a game, respect or taunt an opponent, deal with winning and losing, you are making a statement about what the core values are in your program. Coaches, players, and teams are teaching lessons in every encounter along life's way. We hope it can be said of our program that EVEN WHEN THEY LOSE THEY WIN.

The way you accept the hand life has dealt you vividly tells everyone else what your true character is. The great boxer Sugar Ray Robinson said, "You can tell the most about a man when he is getting whipped". That is oh so true in a basketball game and life.

YOU DO NOT HAVE TO WIN A CHAMPIONSHIP TO BE A CHAMPION. As a coach, you are responsible for the actions of your players and team. You are not a coach if you look the other way and ignore bad behavior. It must be dealt with or you are harming your players for a lifetime. Philippians 2:1-8 gives a description of what a team attitude should be like for coaches and players.

5. TRANSITION DEFENSE, INTENSITY ON DEFENSE, REBOUNDING ON BOTH ENDS OF THE FLOOR, AND TURNOVERS ARE KEY FACTORS YOU CAN HELP YOUR TEAM BECOME AWARE OF IN PRACTICES AND GAMES.

Transition Defense---Try to develop a philosophy of transition defense that fits your style of play on both ends of the floor. It might vary some each year depending on your personnel. Stick with it in every shooting drill, all break down drills, 5/0 work, and 5/5 scrimmage. This will be a key to not giving the game away.

Intensity on Defense---Too many ways to defend a particular offensive move means no way to defend it because players think too much. It has to be instinctive quickness. If a player lacks quickness, then this is even more vital. As Jerry Tarkanian said, "The more they think, the slower their feet get". Keep it simple on defense and lean to the aggressive way of doing things and you team will make more plays defensively.

Rebounding on Both Ends of The Floor---You must chart effort in order to see if players really value possession of the ball and realize that rebounding is most often the way you gain possession of the ball. Please refer to newsletter #2 for some of our ideas taken from Michigan State and Gonzaga University on rebounding.

Turnovers---We got a great idea from Porter Moser, the head coach at the University of Arkansas-Little Rock. He puts so many basketballs in the ball rack and removes one for each turnover. When all the balls are out of the rack it means that there will be morning running. We have modified it some because our coaching staff does not like to run in the early mornings. Porter is a very young coach. We put two balls in the rack and when we have turned the ball over three times the offending team will run or do whatever consequence we think is best. We like it, it is simple.

It drives home a point. BALLS IN THE RACK makes our players realize that everything they do in practice will effect what they do in a game.

**THE ROAD TO SUCCESS IS ALWAYS UNDER
CONSTRUCTION.....Anthony Robbins**

**NO MAN FAILS WHO DOES HIS
BEST.....Orison
Swett Marden**

ATTITUDE AND EFFORT

The only limitation placed on our abilities is our inability to easily recognize our unlimited nature. It takes EFFORT to become aware of our staggering and limitless abilities. It takes EFFORT to become enthusiastic over a cause, or an occupation. It takes EFFORT to continue when our results-as well as our friends-tell us to give up trying. It takes EFFORT to feel right about everything that happens-the joy as well as the sorrows of life. And it also takes EFFORT to learn to love ourselves above all others, especially when we are so consciously aware of our failures, doubts and tragedies. It does not, however, take EFFORT to fail. It requires little else than a slowly deteriorating ATTITUDE about our present, our future, and about ourselves. It is ironic that one of the few things in this life over which we have total control is our own ATTITUDES, and yet most of us live our entire life behaving as though we had no control whatsoever. By our ATTITUDE, we decide to read, or not to read. By our ATTITUDE, we decide to try or give up. By our ATTITUDE, we blame ourselves for our failure, or we foolishly blame others. Our ATTITUDE determines whether we love or hate, tell the truth or lie, act or procrastinate, advance or recede, and by our own ATTITUDE we and we alone actually decide whether to succeed or fail.

At this very moment in time, as you read these words, your ATTITUDE has determined what you are. Your enthusiasms, intensity, faith in yourself, patience with yourself and others, and childish excitement about your boundless future is a result of that single word-ATTITUDE. In the seasons of life, ATTITUDE is everything! Jim Rohn

ARETE

There are moments like this when I feel I possess that elusive quality known as class. More frequently, I am certain I don't. But I am aware that it is always available to me. Anyone can have class. Its character is nonetheless elusive.

In talking about class and trying to define it, one runs the risk of sounding silly and snobbish. For one thing, not only is class difficult to define, it is much more evident in its absence. Since part of class is not boasting about it, the no-class people stand out. For every class athlete you see, you can name any number of spoilsports, showboats, alibiers and cheaters.

The Greeks have a word for it. Arete means the best. Arete also contains the Idea of something, whether it be an object or a creature, doing exactly what it was made for. Arete means being the absolute embodiment of what it was designed to be. It is not being better than something else; it is the best of what it is. Arete is me being the best possible _____.

THE IMPORTANT THING ABOUT ACTIONS IS NOT WHAT YOU DO, BUT THEY WAY YOU DO IT. "Every calling is great," said Oliver Wendell Holmes, "When greatly pursued." It is the old refrain all over again. HAVE NO CARE FOR THE OUTCOME. PLAY THE GAME TO THE HILT. SHOW A LITTLE CLASS.

THE DISTINCTION BETWEEN LIFE LIVED AS A SUCCESS AND LIFE LIVED AS A FAILURE, AS I SEE IT, IS A MATTER OF CLASS. CLASS IS A PRODUCT OF BODY AND MIND AND SPIRIT. I SUSPECT THAT FOR ME IT BEGINS WITH AN ALL-CONSUMING DESIRE TO DO MY BEST, A COMPULSION THAT EVERYONE HAS FELT FROM TIME TO TIME FOR DIFFERENT ACTIVITIES. MY TASK IS TO EXTEND IT TO EVERYTHING I DO.

Taken from This Running Life
By Dr. George Sheehan

THE TEAM

All championship teams always possess the most important factor of success and that is great team unity. Listed below are a few comments from championship coaches and players on why their team won championships.

Red Auerbach - former coach of the Boston Celtics - won 8 straight national titles.
"Some say you have to use your five best players, but I found out you win with the five that fit together best as a team."

Bill Sharman - coached ABA and NBA teams to championships.
"The only way to win is to sacrifice for the good of the team."

Vince Lombardi - legendary professional football coach.
"The Packers won the Super Bowl primarily because the team had a lot of love for each other and this unity helped us to hold up under pressure."

John Wooden - greatest coach in the history of our game.
"Our titles would not have been possible without the unselfishness displayed by all our teams, the team wins, not the individuals."

Wilt Chamberlain - greatest offensive player in the history of basketball and member of two NBA championship teams. Holds NBA record for most points in a game, 100, and most rebounds, 55. "This is a team game and one man doesn't win and one man doesn't lose. In the end the best team usually wins."

Jon Havlicek - former MVP of NBA and member of the World Champions, the Boston Celtics. "We win because we play together as a team."

Bill Walton - considered to be the greatest college player of all time. "It hurts when people talk as if I'm the only player on the team. This is a team game, and I'm just one of the guys on the team. One-on-one is the most overrated part of this game. Five people playing together as a team decide the game."

It is amazing how much can be accomplished if no one cares who gets the credit, and when an individual loses himself in something he thinks is better than he, the team, you become a winner.

We wish you a happy holiday season. Sometimes players leave for the Christmas break and come back with more maturity and seem to have "figured it out". Hopefully, that will happen for all of us.

DON MEYER: “THE BEST THINGS THAT I HAVE LEARNED IN COACHING (LIVE)”

“You haven’t taught until you’ve learned.”

-John Wooden

Whoever control the locker room controls the team

Interviews: Every preacher has one great sermon in them

Spend ten minutes a day just thinking about your program

Are you an energy giver or an energy sucker?

“It’s our job to humble ourselves; it’s God’s job to exalt us.”

No sacrifice too big, no task too small

Good is the enemy of great

Discipline and demand without being demeaning

The greatest teacher makes a few simple points, and then helps the student discover what they can find on their own

A positive culture takes a long time to build but it doesn’t take a long time to lose

The disciplined team will win

Play a short game instead of a long game

You can’t run against great teams

“If you can’t intimidate them, antagonize them.”

Control the middle 1/3 of the floor on both ends

Focus on one day, one week at a time

Be a visionary: “See the Lion in the Rock.”

Promise less, see more

Your mate is the key to your success

Who are your player's three best friends?

People you don't hire

- Gossiper: "Small people talk about other people"
- Flatterer: Too much praise and no criticism

Whisper criticism, yell praise

Winner's look for ideas everywhere and are courteous to everyone

You'll be judged by how you deal with problems

Informal learning and meetings; have meetings without having meetings

Your example

- Leadership starts at the top
- Would I want to see somebody do that with my child?
- You can have anything you want, you just can't have everything you want

TEAMS

Toughness: Not feeling sorry for yourself

Effort: Bring a full cup every day

Attitude: Someone always has it worse

Motives: Do things for the right reasons

Servant Leaders: Don't be a photo op coach

If I had a team again

1. Be sound fundamentally: On and off the court
2. Solid Character: Expect, inspect and accept greatness with a team attitude and work ethic. Be the hardest working program you can be
3. Keep it simple: It's us, not them. Focus on our team and not the other team

What good leaders do

1. Let go of their egos
2. Become a good follower first
3. Build positive relationships and credibility
4. Work with excellence
5. Rely on discipline, not emotion

Internal leaders

1. The hardest workers
2. Take care of stuff off the court the right way; "soft rain"
3. Show up mentally every day
4. They have the credibility to confront their teammates when necessary

Mentally tough coaches do the following:

- Have clarity
- Use repetition
- Have internal strength
- Set goals
- Can go for the duration

Mark McCormick's rules for success

1. Get a system, any system, to be organized
2. Stick to that system
3. Write everything down
4. Make the system work for you, not you working for the system

Don Meyer's rules for organization

1. Plan the week on Sunday
2. Plan tomorrow today
3. Exercise your mind and your body
4. Be willing to say no
5. Take mini-vacations
6. Keep a journal of what you've learned

Beswick Scale of players

<u>Talent</u>	<u>Mindset</u>	<u>Result</u>
A	A	Derek Jeter; great players
A	B	Coach killers
B	A	Smart and fun to coach
B	B	Cut

4 Ways to build a team

1. Share/ don't share: Hold the reins of the horse at all times, sometimes you just pull them a little tighter
2. Shared suffering
3. Individual responsibility
4. Collective pride

Stuff to look up:

Plannerpad.com → daily planner

"Getting Things Done" by David Allen

mgross@goshockers.com → Set Plays

James 3:13

Ecclesiastes 5: 19-20

Don Meyer-The Best Things I've Learned in Coaching

"I seek to leave the world in a little better place than I found it."

-James Naismith

What is the overriding purpose of your program?

-Mission statement

-Humility

-Servitude → These three things have to be built every year

-Unity

Passion → Duty → Burden (3 stages of coaching)

Ideas have to fit your beliefs and your program

Everyone copies last year's champion, so prepare to defend what everyone else is going to do

Jerry Krause-3 keys to develop your coaching philosophy

1. Find yourself

2. Find your unique talent or gift and develop it

-"Sweat with the players." (Rick Pitino)

3. Give your gift away to others

-"If you want to be prosperous, you have to be generous."

Plays don't win championships, players do.

Cal Ripken's 3 Keys for success

1. A love for the game

2. A true passion for our team

3. A desire to compete at the very highest level

Be your own worst critic; you have to motivate yourself

Your greatest strength is your greatest weakness; have balance!

-Be a total coach

-Be a total team

Hubie Brown's ways to get fired

1. Drugs and alcohol

2. Divorce

3. Merger of schools

4. An incident

5. Taking a stand

-“Pick battles big enough to fight but small enough to win.”

6. Being a poor classroom teacher
7. Not being professional

Four Basic Human Needs

1. To live and to stay alive
2. To love and be loved
3. To feel important
4. To have variety
 - Different drills
 - Mix up practice
 - Dictaphone

It's not what you teach, it what you emphasize

-Stances: We want to be wide enough to have balance but not so wide that we don't have quickness

“Dumb up.”

-Dick Bennett

Don't schedule teams who have a pride and a tradition unless you are really ready to play; schedule teams you can beat

When needs are met, motivation ends

There is no surplus of quality

Take what you can get and get the most out of it

Put out the best team, not the best five players, then play off the stars

There is a the pain of discipline and the pain of regret; pick one

Great players eagerly accepts coaching and learns

“The worst things you can do for someone you love is do something they should be doing themselves.”

-Abraham Lincoln

Be a prolific note taker

Great players make the most mistakes

Winning is a by-product of the process, so focus on the process

Negative calls

- What can I learn from it?
- What was the attitude of the person?

Reputation (what people think you are) vs. character (what you are when people aren't around) → It's hard to give somebody something you don't have

Genius's are constantly thinking about what they are doing, are visionaries and can look into the future

Assessment is necessary

- What is – what should be = need

Administrators: Don't wrestle with a pig because you both get muddy and the pig likes it
-Can be said about parents as well

Have a vision to see the big picture

Leadership is like pornography; you can't define it, but you know it when you see it

Three Rules for Leaders

1. Be the hardest worker
2. Take care of the stuff off the floor
3. Let the coaches take care of everything else

“There's only one way to coach; downhill.”

-Paul Brown

“We cannot change the cards we are dealt, just how we play the hand.”

-Randy Pausch

Pair up veterans with rookies

It's not what they call you, it's how they feel about you.

Pay attention to detail!

“Only give orders that can't be misunderstood.”

-Douglas MacArthur

You can't run a great camp if you're not there

Problem areas for young coaches

1. Transition defense
2. Zone offense
3. Press offense
4. Rebounding

When you are building your program or a team, you need to adapt, improvise and overcome

- Start from scratch every year
- What does this program need this week?

Penn State player breakdown

1. Winner's/ Difference makers
2. Won't hurt us/ Steady-Eddy's
3. Loser's/ Can't make plays

Questions in teaching

1. Who am I teaching to?
2. Why am I teaching it?
3. What am I teaching?
4. When am I teaching?
5. Where am I teaching?
6. How am I teaching?

Get ready for practices like we get ready for games

That's us, that's not us (attitudes, communications, etc . . .)

Don't treat a kid badly because of their parents

Chuck Daly

1. Offense is spacing and spacing is offense
2. You're the most you will be when you first get the ball
3. The defense can't guard two things in a row
 - Screen the screener
 - Penetrate and pitch
 - Ball reversal
 - Post entry and relocation
4. Defense doesn't break down on the help, it breaks down on the recovery
5. Sometimes not to guard is to guard
 - Letting the worst player shoot
6. The first shot doesn't beat you, both offensively and defensively
 - You need to get second shots for yourself and limit the other teams second shots

"You better have great practices."

-Al McGuire

Make sure your team knows how they will win the game

"Confidence comes from demonstrated ability."

-Bill Parcells

When you are not as good as your opponent, take out the athletic ability factor (good shots, no turnovers and shorten the game by killing the clock)

Good coaches take pride in beating the other guy's philosophy

Player preparation test

-Player preparation, attitude, toughness, etc . . .

Coach the way that you want to coach 10 years from now

It's a lot harder to be a teammate than a player

Weekly roles and goals for the players

1. Daughter
2. Sister
3. Player
4. Teammate
5. Spiritual/ moral
6. Student

Games in January are won in June and July

DON MEYER-SECRETS TO BUILDING A CHAMPIONSHIP BASKETBALL PROGRAM

3 Requirements of a Northern State player

1. Everyone takes notes
 - 500 richest people in America → the one trait that they all shared was that they were voracious note takers
2. Everybody is courteous
 - Pepsi lost the account to the 1st McDonald's in Des Plaines, Illinois because they were rude to the first owners, so McDonald's signed with Coke
 - Everyone is a salesman for the program
3. Everybody picks up trash
 - Leave places neater than how you found it

Keeping an Edge on Your Program

"If you have to try hard to try hard, you're already beat."

If you except good, you'll never be great

Keeping a Personal Edge

You need solitude and quiet time

Pray first for others, than yourself → Read a chapter of the Book of Proverbs a day

-“A fool despises instruction, but a wise man heeds it.”

-“Humility before wisdom.”

-Proverbs 15:33

-“The beginning of wisdom is to know you're not very smart.”

“Who among you is wise and understanding? Let him show his works by a good life in the humility that comes from wisdom.”

-James 3:13

“Defeat is not the worst of failures. Not to have tried is the true failure.”

George E. Woodberry

“An army of lions led by an ass will be defeated by an army of asses led by a lion.”

“A man bent on revenge will need to dig two graves.”

Leaders meeting

1. If you want to be a leader of this team, you must be the hardest worker
2. If you want to be a leader of this team, you need to take care of little things off the floor.
3. If you want to be a leader of this team, leave everything else to the coaching staff.

Are you a first bus guy or a second bus guy?

-Great teams have everybody on one bus, the 1st bus

Foxhole Test: 3/2/1 point spots

Building Your Staff

Most important quality of an assistant coach: loyalty

“We’d rather be ruined by praise than saved by criticism.”

“A good friend tells you what you need to hear, not what you want to hear.”

A GREAT STAFF IS DIVIDED INTO THESE ROLES:

Paul: Older, more experienced than you, can bounce ideas off of each other

Barnabas: About your age, moral compass, won’t let you destroy your program or yourself with bad decisions

Timothy: Young guy, a lot of potential but needs work at it and to develop

Points of Contact: When you first meet someone, ask them about their life, not talk about your life

-Remember little things about people

Who’s helping you when you’re not there?

Tiger Woods ends every practice session with 100 9 foot putts

-“If they knew how hard I worked at it, they wouldn’t think it was so easy.”

3 Rules for Your God-given talent

1. Find your unique talent
2. Develop it to the highest level you can
3. Give it away every day

A good administrator never gives a good coach a reason to leave; a bad administrator gives a good coach multiple chances to leave every day.

“I don’t make decisions because they are easy, convenient or popular. I make them because they are right.”

-Father James Hester, former Notre Dame University President

Not matter how bad you have it, someone else has it worse.

“Keep alert, stay calm, do not be afraid.”

-Don Meyer during the national anthem

Be thankful for tough times; necessity is the mother of invention

“F” Words

Faith: The assurance of things not seen

Family: Those most important around you every day

Friends: Be a team of left tackles

Fitness: Exercise is your 2nd job

Figure it out for Yourself: Give away all of your wisdom, then make your decisions based on what you know

“Nothing is more harmful to the team than the lack of discipline, for that discipline, more than talent or athleticism, gives one team superiority over another.”

Planning and Organization

T oughness

E ffort

A ttitude

M otives

S ervant Leaders

Team Building Requirements

1. Shared Ownership: Rental home vs. home ownership; you must have something that you have invested in and something to give back to
2. Shared Suffering: Tough practice (mental and physical)
3. Individual Responsibility: Test kids; have accountability
4. Collective Pride: We, Our, Us, not I, Me, Mine

“Never sacrifice toughness and attitude to get size and quickness.”

-Jim Tressel

Teach your leaders; you must constantly meet with leaders

Running a program

Need assessment: What is should be – what it is = what you need to do

Be a visionary: “See it, sell it, paint it”

Pick battles big enough to fight but small enough to win

1 minute assessments

Socratic method: Always ask your team questions instead of giving them answers

Those that can't or won't compete complain

When something bad happens to your team, don't say “Why me?”, say “What now?”

“Practice should simulate game situations.”

-Joe Paterno

“You must practice the game in the manner in which it is played.”

-Hank Iba

Play \

Coach \ Pick one

Officiate /

Cheer /

Emphasize process over product

Find teachable moments

Have as much informal learning as possible

-Cookouts

-Retreats

-Watching tape

Have meetings without having meetings

-Touch 1/3rd of your team every day

Teaching: Praise, prompt, leave

Preseason Evaluation

1. Are we tough enough?

2. Are we athletic enough?

3. Are we mature enough?

4. Are we skilled enough?

-If we don't satisfy what we are looking for in any of these categories, how do we do it?

-If you do satisfy any of these categories, you build one day at a time with soft rain

“You must run, not gun”

“Ball side defense makes your defense tough, your help side defense makes it successful.”

-Dick Bennett

SHOOTING TIPS

Don Meyer Shooting was originated by Jerry West

“Sit in your game”

Bank shots should have the ball hit the bank board on the way down

To be a scorer, get your feet ahead of your hands
-Quick feet; set up your feet before your hands

You have to be mentally tough to be a scorer

Back rim shooters

Frame your shoot

Arch needs to be consistent

If you allow 1 pt. per basket, give 2 points for a swish; if it is 2 points, give 3 for a swish, etc . . .

Come up with a call word on every shot to remind yourself of your weakness in your shot so that you do it every time

- Legs
- Lift
- Sit
- Wrist
- Elbow

Your follow-through is the signature of your shot

Pregame warm-up is a practice

“You don’t shoot fast. You get ready to shoot fast.”

DON MEYER-A SEASON WITH BISON

BASKETBALL 1994-1995

Five Things to Planning- The Covey System

1. Plan the week on Sunday
2. Plan the next day the night before
3. Exercise
4. Be willing to say "no"
5. Take mini-vacations; find time for yourself.

Sincere thank you notes

-Say "please" and "thank you"

When guys are out, we cross them out of our mind

Clock going down to short seconds we must execute

Support other sports

Norm Stewart rule for coaches: What can I do to make this program better? Pretend like it is your first year.

Taking Responsibility for your life

1. No excuses
2. Be dependable: We need guys we can count on
3. Build self-esteem: Confidence comes from demonstrated ability
4. After four years you should be dependable in all phases of life. Don't leach off of friends or be pulled under by them. No one should limit your attitude or effort.

Mickey Mouse items

1. Can become important if not done
2. They can affect academics and basketball
3. I hate Mickey Mouse items because they stop positive development in program members.

Great players make other players better

Some people will tell you what you want to hear; trust people who tell you things you don't want to hear.

Make students want to come see you play. Be nice to them; it's hard not to like someone who likes you.

More people are destroyed by friends than enemies.

Stations

1. Close outs
2. Denial and open up
3. Help and recover
4. Slides
5. Dots
6. Skipping rope
7. Bench jumps (plyo's)

Attendance, Attention, Attitude

-We can't help you if you don't try

We must practice to be great

- Not just skills, but head and the heart of a team
- Be a practice player first

Don't lose basketballs

Make mistakes in practice, not games

Rehearse: Chris Mullin has 10,000 rehearsals for every shot

"I've given you all the tools of life. Now go live it."

-Earl Woods (Tiger Woods' father)

Be Penn State solid: Hand the ball to the official rather than a premeditated celebration

"It is not what you teach, it is what you emphasize."

Hardest thing to do is to close someone out

Don't make fundamental mistakes

Call for every pass; learn to communicate

Shorten every pass; come to the ball

It doesn't matter what defense you run if you don't do the following:

1. Get into a good stance
2. Use good technique
3. Play harder than the other team

3 Goals of defense

1. No lay-ups
2. No open shots
3. No second shots

We must attack the ball without fouling, giving up our stances or allowing penetration.

There is no such thing as helping too quickly.

We must not allow the ball to swing from one side to the other. Put the ball on the side and keep it there. It is more important to keep the ball off the top than it is to deny the wing.

Whenever the ball penetrates on a pass or a dribble, all players should cover down to the level of the ball and force it back out.

“Ball side defense makes us tough. Help side defense makes us successful.”

Coaches take pride in how you teach, just as players take pride in how you play.

“I’m no more important than other students.”

-Barry Sanders, waiting in line for books at Oakland University

Look off your passes; look away to get the receiver open for a shot

Catch the ball first; look it into your hands

Two Bad Things about Our Program

1. They are given too much
 2. Every team can’t live off of past teams
- We must establish our OWN identity

Three things that must be stopped

1. Penetration
2. Post Touches
3. Second shots

Rules for Motion Offense

1. Get above the volleyball lines unless you are in the post
 2. Get the ball to the center of the floor with a pass
- Rules for center of the floor
1. Look for players sealing/ look down
 2. Look away from where the pass came from/ look opposite
 3. Rescreen where the pass came from/ look back
3. Handle the ball
 4. Get great shots
 5. Rebound

Walk into your cuts, then explode

Pressure the ball, turn the ball

at an 8 speed, play defense at a 10 speed without fouling

the ball just to be passing, pass with a purpose

long time to make a friend

er friend; if a guy was down to his last quarter, would he call you?

fishing pole vs. giving you a fish; losers take the fish

adition, but develop your own identity as a player and as a team

w line are

ward guys that work hard. What you think is hard work we may not agree

as untouchable for one hour before practice; he wanted to be ready for practice

e a 20 foot pass; dribble and make the 15 foot pass

feeling like knowing that you have done all you can

ting until you are ahead of the ball defensively

o see who

the assist pass make the easy pass

care about teammates at a family level → Families fight, but their still families

est accomplishments should be done with others

was in the hospital for 39 months for his shoulder wound in WWII and used no
or the pain

mes in all

vs. quality opponents, you worry about scoring. In those games, you must be
cute half court as well as run the ball.

ay my best

le, top side; swing the ball against good defenses

bble, don't abuse the dribble

h the ball, watch the man guarding you when cutting off of a screen

t on drills until you are told to shoot

ways someone better than you, so you've got to be tougher and have better
han the person that is better than you.

The feeling that you can do more should gnaw at you. You need to feel like we deserve more than anybody else in the world to win a championship. When you feel like you deserve something, don't let it go.

Will you be there for guys counting on you?

Try to manufacture chaos at practice

You need 100 ounces of water a day

The toughest thing in coaching is to find something good and stick with it; we all want to be too innovative

How do you want to lose? What are going to give to your opponent?

You have to have depth and conditioning to trap

One thing you don't want to do is foul a good player. Foul for profit, not for loss

It's not the physical playing hard, it's the mental playing hard

When you screen, get your feet wider than your shoulders
What makes Wisconsin-Green Bay good? They know who they are

Highlights are low percentage plays that work

Swing the ball on offense, stop the swing on defense

Team Attitude

Awareness and communication

Teachable

Tenacity

Intensity

Technique

Unselfishness

Discipline

Execution

If there is a choice between the individual and the program, that choice has already been made

Somewhere in your life you must meet someone who expects greatness from you

There is no pecking order; all will be pecked and all will be praised
-If you can't chew out your best player, you don't have a team

Belief is a critical factor in achieving great things

- Ask yourself "who deserves it more"?
- We determine the outcome of the game
- The team that wins the game is the team that should have won the game
- Relationships are #1; don't let you buddy down

See vs. look; listen vs. hear

Expectations: that's where disappointment comes from

The hardest thing to do in basketball is try to guard the person in the open court with the ball going full speed

Free throws usually account for 20% of your points

Three things about Great People

1. A lot of energy and enthusiasm
2. Goal directed
3. Not normal

Take charges and set screens the same way

Excellence doesn't just happen. It is a decision you make every day.

Don't cheat yourself, because you're cheating everybody

If you play hard, it's to your disadvantage if you don't play smart

You are individually responsible for extra work

Plays are not as important as players, and players are not as important as teammates

Shoot when you're open, pass when you're not

Physical things usually don't stop us from playing hard

You want people to say "You can't split Skutt's defense."

"Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed.

"Every morning a lion wakes up. It knows it must out run the slowest gazelle or it will starve to death.

"So, it doesn't matter whether you are a lion or a gazelle, when the sun comes up, you'd better start running."

Focus on improvement rather than winning and losing

We can't do anything but look for ways to win

Do not foul when we are trapping, it's just not smart

We are not trying to limit your athletic ability, we just want you to play smart

If I die today, would people say I was an overachiever?

-People respect overachievers

Keep your mouth shut when a coach is talking

Team work: Can we win with him on the floor? Can we win with him on the bench?

You are not going to play here if you cannot support your teammates while you are on the bench

This is not a shooting practice, this is a **making** practice

If post men don't get down the floor, they are out

Kevin O'Neill hand wrote every high school coach in the state of Tennessee the night before his press conference to introduce him as UT head coach → Great work ethic

Two reasons you can't shoot

1. Bad shooter
2. Good shooter taking bad shots

One player on a team can define a program

You never arrive

Basketball requires more teamwork and can show more selfishness or unselfishness than any other sport

Jerry Tarkanian

1. Stances come from repetition
2. Didn't want his players loose; he built the tension
3. Every game was going to war

Don't over coach the big games; be more concerned with the way you play. Have sound fundamentals at all times, because more games are lost rather than won

You should not lose a game in the first half, and you usually don't win a big game in the first half. We want to break the opponent's will both physically and mentally in the last ten minutes with our conditioning and concentration.

After a game, start to prepare both mentally and physically for the "next game".

If we improve each game, we have no defeats, only bad performances

Patience in practice pays off in tournament time

Come ready to learn in practice or don't come at all

Conditioning is a factor if you play hard enough

Don't major in minors; if you are selfish, you are a major problem

"Respect all opponents, but fear none."

-Knute Rockne

Find people you respect

You effect everyone on the team, not just by how you play
-You can't be one way off the floor and change on the floor

We can't stop every shot, but we can stop every good shot

It is not help when you foul

Don't let the bear get the first bite

You won't appreciate us (the program, team, coaches) until it is over

Everyone listens when you lose. **Listen when you win.**

We are rehearsing on game days, so work on your technique

On a made basket, run the baseline to improve angles vs. pressure

When one of us screws up, all of us screw up

Great teams have great leadership (North Carolina with Hansborough)

Fake a pass to make a pass

Every loose ball is our loose ball

There is a reason we do things the way we do

You don't pick up your dribble without a pass or a shot

If we don't play hard every possession we will be disappointed in March

Seniors talk during warm-up

You can do everything perfect on defense and it is all worthless to defensive success if you don't:

A. Pressure Shots

B. Block out

Write down the name of the person who motivated you to play

We have to know how to practice mentally on days we don't go hard physically

"Spacing is offense, offense is spacing."

-Chuck Daly

Special situations must be taken seriously

Think in practice, react in games

Newell's Rule for valuing possession: Get better shots and more of them than opponent's

Against championship level teams, it is important to have the ability to get great shots every possession

There is a difference between dribbling and driving. Take it to the basket and make some plays.

Don't mess with the program by not working hard

We accept nothing less than great effort

Posts need to call for the ball or they don't get it

Athletics develop principles to help you deal with life later

We have to be a throwback team; tough, smart and disciplined

Success isn't all that great, it's the day-in, day-out working at it that is great
-It is never great when that's what you are in it for is success

When you hire someone to paint your house, and they only paint half your house, how much would you pay them?

Nothing is nobler than to stand up and sacrifice for others

Stop listening to outsiders

Hardest thing to say in the world is "I was wrong."

Intimidate people with our hustle

When you know, love, understand and respect the game it hurts to leave it, if you don't it doesn't hurt.

We won't get shots against super athletic teams unless we screen

19 out of 21 notable civilizations have died from within and not by conquest from without

If you trust, you will be disappointed occasionally, but if you mistrust, you will be miserable all the time

People can be divided into three groups

1. Those who make things happen
2. Those who watch things happen
3. Those that wonder what happened

Hardest test is to improve while you are winning

Post up to the point of exhaustion

We don't keep players happy. They keep the team and coaches happy.

We will be a better team when each guy becomes a better team player

What is in the middle of excuses; "U"

- "U" are in the middle of all the excuses you make

Give the ball to the non-call referee

Stan Musial always asked pitchers traded to his team how they tried to get him out, looking for a way to make himself and the team better

Reality is what is; values are the way things should be

Being around good people makes you unselfish

A team that never concedes defeat will have great things happen to it

Do you want to be a team or do you want to be part of a program that has had great teams?

Quit or want to quit. You can always find excuses for both.

We have to learn what our teammates can and can't do

We practice during pre-game

We are a one effort team; we need to have second and third efforts

Have a lust for learning

Be a practice player first

Posts need to be concerned about positioning; get your work done before you get the ball

You can never be great if the only motivation you have comes from the coaches

In defensive transition, sprint three steps and then find the ball

Every place is tough to play in when you don't play defense

Most of the games on our schedule are one possession games, but you don't know which possession it's going to be

Let's win the officials; don't talk, don't make faces

We can't afford one possession of someone looking for themselves

Press Offense

1. Pass fakes
2. Player in the middle
3. Attack

The great teams play hard every night

Do everything the simplest, easiest way

Play hard for three minutes and get out

We will not win a district championship shooting an overabundance of quick 3's

Don't foul dorks, and don't foul three point shooters

Why would you shoot outside shots when you haven't warmed up yet?

The hardest thing in basketball to guard is a fast break.

The second hardest thing to guard is a drive to the basket.

The third hardest thing to guard is a good post move.

Three Things that keep teams from succeeding

1. Negative Attitude
2. Injuries
3. Sickness

Emphasize body balance

Post men have to make plays when they catch the ball

Point toes to the baseline on power moves around the basket

What does the team need? Vs. What do I want?

We can't be content with trying to make plays, we have to make the plays

Every team becomes stronger when someone leaves

Usually when you choose to do the wrong thing, it is because of selfishness

Take time to do the little things a great team would do

We are not here to see your athleticism, we are here to win games

Winning is the by-product of doing things right

"I don't know where you are as a team, but I know where I am. If you don't want to kick somebody's butt, then I will not be fun to be around."

-Don Meyer

Have a sense of responsibility for the team, and when we are unsuccessful, there should be shared suffering by all

Work on game slippage

We have to be tough enough to look at your bad plays

If you are denied, don't just stand there

Every man take a charge, every man get a loose ball

To be a team, we must all care about our teammates more than ourselves

We can only beat great teams with superb technique

A smart post player will not let his team get a five second call

Relationships

1. Listen
2. Communicate; talk it out
3. Love
4. Be considerate of others

The things you want most in life, you must give/share them with others
-It isn't a gift without the giver

Real happiness and success comes from the things that can't be taken away from you

Wooden wanted to be remembered as "a teacher who was considerate of others."

You usually get what you give

You can't want something for someone more than they want it for themselves

You can never quit learning

Never quit trying to be a better team

Don't put our post men at a disadvantage with our passes

Simplify things at tournament time; be sure everyone is all on the same page

We want to be pressed so we can score easy baskets

The biggest thing is to not hurt the people that count on you

Teams that do what they are supposed to do win tournaments

We will play physical; not dirty, but hard

You just can't play smart in the last two minutes; you need to play smart the first 30 minutes as well

Practice smart all the time

Your purpose is to win, not impress people

Team is a yearly thing. The program is past, present and future

Post like a mad man or come out

Make opponents do things that they are not used to doing

“A bad shot is the first pass in the opponent’s fast break.”

-Jay Bilas

“Every battle is won before it is fought.”

-Sun Tzu

Those who work the hardest are the last to surrender

The basketball is important, but our philosophy of life is more important

We want complete people before complete players

DON MEYER'S COACHING ACADEMY,

2002

"Never try to be better than someone else. Instead, try to be the best that you can be."
-John Wooden

*At God's footstool to confess,
A poor soul knelt and bowed his head.
"I failed," he cried. The Master said,
"Thou didst thy best that is success."*

A poll taken of the 50 richest people in the world showed that they all had one fact in common; they all took notes wherever they went.

You should study football coaches

Keep a file of positive and negative letters. The negative letters help you to become humble, the positive letters lift your spirits when you are down

Do the dirty jobs so that your players try to emulate you

Winning with a bunch of jackasses is not meaningful. Rent and view the movie "Championship Season" to learn this lesson

Soft rain compared to a hard downpour will hydrate the land better. The same is true in coaching. Easy does it.

"Once you have decided that winning isn't everything, you become a winner."
-George Sheehan

Listen and observe your players. Del Harris said, "I learned more basketball from watching Larry Bird than all the clinics I attended combined."

Shared suffering is essential. A good example of bringing a family together is a funeral. Weddings do not do a good job of bringing a family together.

"Give a man a fish, and he feeds himself. Teach him how to fish, and he eats for a lifetime and feeds others."

Ask yourself: Is the way we are playing going to win us a championship?

You learn more by attending other coaches' practices than you learn from clinics and extended studies

Have staff members at different ages

Let parents see that you care about their kids. This will allow the parents to cut you some slack in certain situations and give you a chance to coach

“Anal” coaches will always be good, but they will never have GREAT teams because they stifle their player’s growth. Ask yourself: “Do I want two better players at the end of the season or two better plays?”

Coach what you have and accept it

“The only consistent thing in life is change.”

-Bobby Knight

Attitude and effort are the only two things that you can truly completely control in life

Giving love is better than accepting it. If you have a choice between giving love and receiving love, it is always better to give love

Leave a Legacy!

Have a balanced game schedule. To beat someone really good is gratifying. However, you don’t get stronger by picking up twigs, but you can break your back by picking up Sequoias

We want to be the team that everybody wants to see play, because even when we lose a game our fans know that we did it the right way

The greatest coaches take only what is necessary to show their players in order to make them better

“It’s what you learn after you know it all that counts.”

-John Wooden

Remember that the press buys the ink by the barrel

“Coaches need time and experience. Young coaches cannot understand this. Success in coaching is a test of time.”

-Bill Walsh

Make it a point to practice as if you lost your last game

You can never have too many players, which means those that can play

Definition of TEAM CHEMISTRY: Thoroughbreds + Pigs

-Remember that pigs are important too!

You can only get kids in recruiting when someone else helps because you cannot be everywhere

Spend informal time with your players

Take your players to someone else's practice

There are ways to plant messages without saying a word. There are times when you should be subtle

Administrators like Champagne programs to be run on a beer budget

Discipline always precedes morale. If there is no discipline, there is no morale. Discipline is first with the troops

If you get a negative phone call, and the caller has a negative attitude, you should consider the call

Winning is a by-product. Process over product every time

Do not talk to a parent after a game. You may both get upset and say things that you will both be sorry for.

Pray for some tough games during the season. This will make you better in post-season.

Bad shooters are always open

The defense cannot guard two things in a row

Sometimes "not to guard" is "to guard".

If you have a kid that is not going to be guarded, have him set ball screens

Dorks can help you, you just have to use them correctly

Have a nice house and a cheap car. Which do you spend the most time in?

We know the shot that we want to take and we know whom we want to take the shot

It is not enough to know we will win the game. We must know exactly how we will win the game

Shut down a scorer in the post, and no 3's for a 3

Handle the ball with sureness. Easy pass, easy reverse and easy swing

If you run patterns against a zone defense, the zone will adapt. Work on moving without the ball

“Help each other get open; that is part of your job on offense.”
-Bobby Knight

“I try to win basketball games and at the same time prepare my players for the rest of their lives.”
-Bobby Knight

If your program is not doing Community Service, you are scum!

Do not ever think that because you win and/or run the right kind of program that an administrator can not and/or will get to you

If you cannot coach your best and/or most influential player, you are going to have a miserable season. If you can coach your best and/or most influential player, you are going to have a fun season.

There is no sound worse than someone blowing their own horn

Phillipians II (A plea for Unity and Humility):

“If there is any encouragement in Christ, any solace in love, any participation in the Spirit, any compassion and mercy, complete my job by being in the same mind, with the same love, united in heart, thinking one thing. Do nothing out of selfishness or out of vanity; rather, humbly regard others as more important than yourselves, each looking out not for his own interests, but also everyone for those of others. Have among yourselves the same attitude that is also yours in Christ Jesus.”

Love is what drives a good TEAM!

Navy SEALS ***never surrender*** because they have suffered the most together

Coach Bennett thinks that media guys really believe that deep down inside each of them, they know more than the coach

If the best team in your conference/district runs something, work on it a little bit each day or week to get ready for it. You do not have to tell your team what or why you are working on it, just work on it.

“Why deny bad players the ball?”
-Bob Ligouri

We are the cavalry; we want people to want us to win

Players that you count on to deliver more get more latitude to make mistakes.

Complimentary players must be mistake free

-Athletes can do whatever they want to do; non-athletes, on both offense and defense, need to keep the ball in front of them

“You only have 120 minutes of practice. I want to spend 120 minutes on offense and 120 minutes on defense.”

-Bobby Knight

It doesn't matter if a kid cannot or will not make a play, the results are the same

Attitude will precede skill development. You must have a learning attitude

You want to be the total package as a coach. If you are, your kids will win even if they lose on the scoreboard

How to teach a player to go shoulder to shoulder off of a screen

1. Grab the screener's elbow
2. Grab the screener's jersey
3. Wrap the curl cut around the screener
4. Defender go ball side, grabs the screener and then fades

W.D.T.W.: “We Deserve To Win”

Never praise scoring; praise the things that led up to scoring

Never sacrifice character for winning on the floor

GAME WITHIN THE GAME-THINGS TO FOCUS ON

1. Go after all available loose balls
2. Your percentage of turnovers should be less than 15% of all offensive possessions
3. No middle drives
4. Keep the ball off the top
5. 10 under 10: Hold a team under 10 points for the first ten minutes
6. 28 points and 14 rebounds from our post players combined