



Northern State University

Basketball



TEAM ATTITUDE

### 101 WAYS TO PRAISE A CHILD

WOW – WAY TO GO – SUPER – YOU'RE SPECIAL OUT-  
 STANDING – EXCELLENT – GREAT – GOOD – NEAT –  
 WELLDONE – REMARKABLE – I KNEW YOU COULD  
 DO IT – I'M PROUD OF YOU – FANTASTIC – SUPER  
 STAR – NICE WORK – LOOKING GOOD – OURE ON  
 TOP OF IT - BEAUTIFUL – NOW YOU'RE FLYING –  
 YOU'RE CATCHING ON – NOW YOU'VE GOT IT –  
 YOU'RE INCREDIBLE - BRAVO - YOU'RE FANTASTIC  
 - HURRAY FOR YOU - YOU'RE ON TARGET - YOU'RE  
 ON YOUR WAY – HOW NICE – HOW SMART – GOOD JOB  
 - THAT'S INCREDIBLE – HOT DOG – DYNAMITE –  
 YOU'RE BEAUTIFUL – YOU'RE UNIQUE – NOTHING CAN  
 STOP YOU NOW – GOOD FOR YOU – I LIKE YOU – YOU'RE  
 A WINNER – REMARKABLE JOB – BEAUTIFUL JOB –  
 SPECTACULAR – YOU'RE SPECTACULAR – YOU'RE-  
 DARLING – YOU'RE PRECIOUS – GREAT DISCOVERY –  
 YOU'VE DISCOVERED THE SECRET – YOU FIGURED IT  
 OUT – FANTASTIC JOB – HIP, HIP HURRAY – BINGO –  
 MAGNIFICENT – MARVELOUS – TERRIFIC – YOU'RE  
 IMPORTANT – PHENOMENAL – YOU'RE SENSATIONAL-  
 SUPER WORK – CREATIVE JOB – SUPER JOB – FANTAS-  
 TIC JOB – EXCEPTIONAL PERFORMANCE – YOU'RE A  
 REAL TROOPER – YOU ARE RESPONSIBLE – YOU ARE  
 EXCITING – YOU LEARNED IT RIGHT – WHAT AN  
 IMAGINATION – WHAT A GOOD LISTENER – YOU ARE  
 FUN – YOU'RE GROWING UP – YOU TRIED HARD – YOU  
 CARE – BEAUTIFUL SHARING – OUTSTANDING PERFOR-  
 -MANCE – YOU'RE A GOOD FRIEND – I TRUST YOU –  
 YOU'RE IMPORTANT – YOU MEAN A LOT TO ME – YOU  
 MAKE ME HAPPY – YOU BELONG – YOU'VE GOT A FRIEND  
 - YOU MAKE ME LAUGH – YOU BRIGHTEN MY DAY – I RES-  
 PECT YOU – YOU MEAN THE WORLD TO ME – THAT'S CORR-  
 -ECT – YOU'RE A JOY – YOU'RE A TREASURE – YOU'RE WON-  
 DERFUL – YOU'RE PERFECT – AWESOME – A+ JOB – YOU'RE  
 A- OK- MY BUDDY – YOU MADE MY DAY – THAT'S THE BEST –  
 A BIG HUG – A BIG KISS – SAY I LOVE YOU!

P.S. Remember, a smile is worth 1000 words!

### 101 WAYS TO COPE WITH STRESS

Get up fifteen minutes earlier – Prepare for the morning the night before-  
 Avoid relying on chemical aids – Set appointments ahead – Don't rely on  
 your memory...write it down – Practice preventative maintenance - Make  
 duplicate keys – Say 'no' more often – Set priorities in your life – Avoid  
 negative people – Use time wisely – Simplify meal times – Always make  
 copies of important papers – Anticipate your needs – Repair anything that  
 doesn't work properly – Ask for help with jobs you dislike – Break large  
 tasks into bite size portions – Look at problems as challenges – Look at  
 challenges differently – Unclutter your life – Smile – Be prepared for rain  
 - Tickle a baby – Pet a friendly dog/cat – Don't know all the answers - Look  
 for the silver lining – Say something nice to someone – Teach a kid to fly a  
 kite – Walk in the rain – Schedule play time into every day – Take a bubble  
 bath – Be aware of the decisions you make – Believe in you – Stop saying  
 negative things to yourself – Visualize yourself winning – Develop your  
 sense of humor – Stop thinking tomorrow will be a better day – Have goals  
 for yourself – Dance a jig – Say 'hello' to a stranger – Ask a friend for a hug  
 - Look up at the stars – Practice breathing slowly – Learn to whistle a tune -  
 Read a poem – Listen to a symphony – Watch a ballet – Read a story curled  
 up in bed – Do a brand new thing – Stop a bad habit – Buy yourself a flower  
 - Take stock of your achievements – Find support from others- Ask someone  
 to be your 'vent-partner' – Do it today – Work at being cheerful and  
 optimistic – Put safety first – Do everything in moderation – Pay attention  
 to your appearance – Strive for excellence NOT perfection – Stretch your  
 limits a little each day – Look at a work of art – Hum a jingle – Maintain  
 your weight – Plant a tree – Feed the birds – Practice grace under pressure  
 - Stand up and stretch – Always have a plan 'B' – Learn a new doodle -  
 Memorize a joke – Be responsible for your feelings – Learn to meet your own  
 needs – Become a better listener – Know your limitations and let others know  
 them too – Tell someone to have a good day in pig latin – Throw a paper  
 airline – Exercise every day – Learn the words to a new song – Get to work  
 early – Clean out one closet – Play patty cake with a toddler – Go on a picnic  
 - Take a different route to work – Leave work early (with permission) – Put  
 air freshener in your car – Watch a movie and eat popcorn – Write a note to  
 a far away friend – Go to a ball game and scream – Cook a meal and eat it by  
 candlelight – Recognize the importance of unconditional love – Remember  
 that stress is an attitude – Keep a journal – Practice a monster smile –  
 Remember you always have options – Have a support network of people,  
 place and things. Quit trying to 'fix' other people – Get enough sleep – Talk  
 less and listen more – Freely praise other people – P.S. Relax, take each day  
 at a time...you have the rest of your life to live.

# *NORTHERN STATE WOLVES BASKETBALL*

## **36 CHRISTIAN WAYS TO REDUCE STRESS**

- 1) Pray
- 2) Go to bed on time.
- 3) Get up on time so you can start the day unrushed.
- 4) Say no to projects that won't fit into your time schedule or that will compromise your mental health
- 5) Delegate tasks to capable others.
- 6) Simplify and unclutter your life
- 7) Less is more. (Although one is often enough, two are often too many)
- 8) Allow extra time to do things and to get to places.
- 9) Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
- 10) Take one day at a time.
- 11) Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety if you can't do anything about it.
- 12) Live within your budget; don't use credit cards for ordinary purchases.
- 13) Have backups; an extra car key in your wallet, an extra house key buried in the garden, extras stamps, etc.
- 14) K.M.S (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
- 15) Do something for the Kid in You everyday.
- 16) Carry a Bible with you to read while waiting in line.
- 17) Get enough rest.
- 18) Eat right.
- 19) Get organized so everything has its place.
- 20) Listen to a tape while driving that can help improve your quality of life. Listen to Christian radio stations, American family radio.
- 21) Write down thoughts and inspirations.
- 22) Every day, find time to be alone.
- 23) Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
- 24) Make friends with Godly people.
- 25) Keep a folder of favorite scriptures on hand.
- 26) Remember that the shortest bridge between despair and hope is often a good "Thank you Lord."
- 27) Laugh.
- 28) Laugh some more!
- 29) Take your work seriously, but not yourself at all.
- 30) Develop a forgiving attitude (most people are doing the best they can).
- 31) Be kind to unkind people (they probably need it the most).
- 32) Sit on your ego.
- 33) Talk less listen more.
- 34) Slow down.
- 35) Remind yourself that you are not the general manager of the universe.
- 36) Every night before bed, think of one thing you're grateful for that you've never been grateful for before. GOD HAS A WAY OF TURNING THINGS AROUND FOR YOU. "If God is for us, who can be against us?" (Romans 8:31).

# THE EASY AND THE HARD

We all have the same question: Why is life so tough? Well, there's an answer to that

When my husband and I were raising our five children, we taught them everything we knew. Now we know that wasn't much

If we could do it over, here are some crucial facts about human nature that I would start teaching them before they were old enough to brush their teeth without help.

Bad is easy. Good is hard.

Losing is easy. Winning is hard.

Talking is easy. Listening is hard.

Watching TV is easy. Reading is hard

Giving Advice is easy. Taking advice is hard.

Flab is easy. Muscle is hard.

Stop is easy. Go is hard.

Dirty is easy. Clean is hard.

Take is easy. Give is hard.

Dream is easy. Think is hard.

Lying is easy. Truth is hard.

Sleeping is easy. Waking is hard

Talking about God is easy. Praying to God is hard.

Watching basketball is easy. Playing basketball is hard

Holding a grudge is easy. Forgiving is hard.

Telling a secret is easy. Keeping a secret is hard.

Play is easy. Work is hard.

Falling is easy. Getting up is hard.

Spending is easy. Saving is hard.

Eating is easy. Dieting is hard.

Doubt is easy. Faith is hard.

Laughter is easy. Tears are hard.

Criticizing is easy. Taking criticism is hard.

Letting go is easy. Hanging on is hard.

Secret sin is easy. Confession is hard.

Pride is easy. Humility is hard.

Excusing oneself is easy. Excusing others is hard.

Borrowing is easy. Paying back is hard.

Sex is easy. Love is hard.

Argument is easy. Negotiation is hard.

Naughty is easy. Nice is hard.

Going along is easy. Walking alone is hard.

Dumb is easy. Smart is hard.

Cowardice is easy. Bravery is hard.

Messy is easy. Neat is hard.

Poor is easy. Rich is hard.

War is easy. Peace is hard.

Sarcasm is easy. Sincerity is hard.

An F is easy. An A is hard.

Growing weeds is easy. Growing flowers is hard.

Reaction is easy. Action is hard.

Can't do is easy. Can do is hard.

Feasting is easy. Fasting is hard.

Following is easy. Leading is hard.

Having friends is easy. Being a friend is hard.

Dying is easy. Living is hard.

If you ask why all this is so, why is life so hard, I'll tell you, "It just is. Nothing in life that is good and worthwhile comes without effort."

We are born, all of us, with a nature that is drawn to the easy rather than the hard. Surely you've noticed that no child ever has to be taught to be naughty; we're all born knowing how. It's easy for us. What's hard is learning to be good.

Knowing this about one self and others softens the heart and builds iron into the will, keeps us going when all around is crumbling, when friends forsake, when the heart breaks, and the courage and confidence shatter.

Knowing that such experiences are part of the deal gives us opportunities to choose to do hard things. Constant challenges make our journey exhilarating, wonderfully fulfilling, never, never boring. As the Arabs, put it, "All sunshine makes a desert."

And here's a small secret that most sad and lonely people never learn: Deep down inside we are all asking the same question. No matter who you are, life is hard, and we all ask why it should be so.

But there is comfort in knowing we're not alone. So maybe your child---- or the person sitting over there---- needs to hear from you right this minute that sometimes you question, too, but that the One who knows us best and loves us most promises that for those who choose the hard way, "the dawn gives way to morning splendor while the evil grope and stumble in the dark."

Easy is its own reward. Hard is much finer.

---Beverly Heirich

I first saw this at a Don Meyer Clinic and think it was inspired by some teachings of General Patton.

## **The Foxhole Test**

Have your players take the foxhole test. Draw a circle to represent their foxhole. Write their name at the front of the foxhole. 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.

This is a great exercise to use with any team or staff.

# First things first

Urgent Not Urgent

<b>I</b> • Crises • Pressing problems • Deadline driven projects, meetings, preparations	<b>II</b> • Preparation • Prevention • Values clarification • Planning • Relationship building • True re-creation • Empowerment
<b>III</b> • Interruptions, some phone calls • Some mail, some reports • Some meetings • Many proximate, pressing matters • Many popular activities	<b>IV</b> • Trivia, busywork • Junk mail • Some phone calls • Time wasters • "Escape" activities

Important

Not Important

Urgent Not Urgent

<b>I</b> <b>20-25%</b> 25-30%	<b>II</b> <b>65-80%</b> 15%
<b>III</b> <b>15%</b> 50-60%	<b>IV</b> less than <b>1%</b> 2-3%

Important

Not Important

Bold type represents high performance organizations  
 normal type represents typical organizations.

## Mark McCormack's Rules

1. Get a system, Any system.
2. Stick to it.
3. Write everything down.

## Coach Meyer's Rules

1. Plan the week on Sunday.
2. Plan the next day the night before.
3. Exercise.
4. Say no.
5. Take mini-vacations.
6. Keep a journal (not what you did but what you learned).

## DISCIPLINE

AND

**DEMAND**  
 WITHOUT BEING  
**DEMEANING**

## THE ADDICTIVE EXPERIENCE

1. Creates predictable, reliable sensations.
2. Become the primary focus and absorbs attention
3. Temporarily eradicates pain and other negative sensations
4. Provides artificial sense of self worth, power, control, security, intimacy, accomplishment
5. Exacerbates the problems and feeling it is sought to remedy
6. Worsens functioning, creates loss of relationships

Taken from First Things First by Stephen R. Covey  
 Merrill @ Merrill; Simon & Schuster Publishers



## **45 THINGS THAT EVERY PLAYER NEEDS TO HEAR**

1. Toughness is a skill and can be practiced and improved like all other skills.
2. "You should always want your coach to be critical. It gives you an opportunity to learn and to overcome adversity." Steve Nash
3. The more things you can do, the harder you are to keep out of the lineup.
4. You either get better or we get worse. You don't stay the same, so we have to use every practice and workout to get better.
5. Concentrate on effort and execution; the results will take care of themselves.
6. Proper form and a strong work ethic plus preparation and repetition is the formula that makes a great shooter.
7. No excuses, no explanations.
8. Buy in or buy a ticket.
9. Good teams and players give second efforts, great teams give 3rd, 4th, and 5th efforts.
10. The only way for an individual to improve is to work at an uncomfortable pace in practice and during the improvement season (April-September) If you aren't uncomfortable, chances are you aren't improving.
11. Contact from the defense is never an excuse to lose the ball.
12. "There is do and do not, there is no try." Yoda in Star Wars
13. "The game honors toughness." Brad Stevens
14. Expect to get hit hard when you take the ball to the basket. Don't get upset. The best revenge is making the free throws.
15. A player's goal every practice and every improvement season skill workout should be to improve yourself for the benefit of the team.
16. Success is the sum of small efforts repeated day in and day out.
17. "Don't mistake routine for commitment." Tommy Amaker. Don't just show up, but give it everything you've got, every single time.
18. Fouling negates hustle.
19. "Anyone who doesn't make mistakes isn't working hard enough."

20. There are two pains in life, the pain of discipline, and the pain of regret. Take your choice.
21. Your energy level is controlled by your thoughts.
22. We rate ability in people by what they finish, not what they start.
23. Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires and how smart and hard they are willing to work to reach their potential.
24. The best offensive players have the ball in their hands as long as they need to, not as long as they want to.
25. "Most people fail in life not because they aim too high and miss, but because they aim too low and hit." Michaelangelo
26. Play hard, play smart, play together.
27. "We all need a check up from the neck up to avoid the stinkin thinkin which ultimately leads to the hardening of attitudes." Zig Zigler
28. "Any person capable of angering you becomes your master; he can anger you only when you permit yourself to be disturbed by him." Epictetus
29. You don't have to be bad to change. All too often, people resist change because they assume it means they were not OK to begin with.
30. It takes 21 days of conscious repetition before anything becomes a habit.
  31. "False Hustle = cheap fouls, lunging, reaching, etc." Billy Donovan
  32. If you think small things don't matter, think of the last game you lost by one point.
  33. Teamwork: The fuel that produces uncommon results in common people.
  34. Good enough is neither.
  35. R.E.P.S.- Repetition Elevates Personal Skills.
  36. "A person really doesn't become whole, until he becomes a part of something that's bigger than himself." Jim Valvano
  37. "Effort is only effort when it begins to hurt." Jose Ortega y Gasset
  38. "Your toughest competition in life is anyone who is willing to work harder than you."

39. "The highest reward for a person's toil is not what they get from it, but what they become by it." John Ruskin
40. The best way to improve your shooting percentage is to take better shots.
41. Life is like a bucket of water. We are a part of the whole. But how big is the hole that is left when we take away a large cup of water? The hole suddenly fills up and...so life goes. The nature of life is that there is always someone who can and will take your place, when you think you are irreplaceable.
42. It's not the hours you put in, it's what you put in the hours.
43. Victory or defeat is not determined at the moment of crisis, but rather in the long and unspectacular period of preparation.
44. "When nothing seems to help, I go and look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before." Jacob August Riis
45. This is a story about four people named Everybody, Somebody, Anybody, and Nobody. There was an important job to be done and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.



## 2009 Don Meyer Coaching Academy

### • Coach Meyer – Gaining an Edge in Your Career

- NOTES – on everything!
- Suspense File – get organized
- Plan your week on Sunday – Plan your day the night before
- PLANNING = have a system that works for you, don't work for the system.
- (BOOK) Getting Things Done: The Art of Stress-Free Productivity by David Allen
  
- What's important to you as a coach?
- Get all of the good ideas, but you can't use them all. Find out what works for you.
- Embrace joy – make your TEAM successful.
- You can't put things in a kid if they're not there. (Toughness)
- You can't want something more than the player wants it himself.
  
- Structure what your guys do – have a plan.
- What's your capacity physically & mentally? (Self & TEAM)
- LOSERS CUT CORNERS – you can't fool the game!
- Maximize your abilities on and off floor.
- There's nothing like being a part of a TEAM.
- Share Responsibility = Shared Suffering
- Honor your TEAM by your hard work. (Players & Coaches)
- Practice by yourself – it's the best way to get better (you've got to know how to practice)
- GREAT ones consider it fun!
- Hard vs. Smart vs. Appropriate vs. Effective Work (Diligence) Apply yourself thoroughly.
  
- No Coach has ever said (at the end of the season) that we were just too tuff this year.
- You can fake it in practice but not in games!
- GHT = Game Honors Toughness
  
- MUST BE GREAT DAILY:
  - Head Coach
  - Best Player
  - Point Guard
- SCORE 4 LAY S UPS/HALVES
- REPETITIONS:
  - Game Speed
  - Not Automatic But Authentic
    - (Is your outer person the same as your inner person?)
    - (Develop your tools for the fight)
    - (Tiger Woods reinvented his swing when he was already the best in the world)
  
- You make enemies easier than you make friends.
- For every 100 that handle failure there is but 1 that handle success!
- As players – take it seriously or we, as coaches, won't take you seriously
- PRACTICE WITH SPEED

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- 5 STAGES of COACHING:
- Survival – simply trying to win any game you can
- Success – starting to be recognized for your TEAM
- Satisfaction – repeated seasons of success (DANGER ZONE)
- Significant – when your name is mentioned people correlate it with your school (or visa/versa)
- Spent – run out of steam, may need a change of scenery

- Coach Wooden was 55 before he won his 1<sup>st</sup> National Championship.

- Compete vs. Yourself!
- For the GREAT ones – it's not work.
- I never thought it as a sacrifice if you want to do it.
- Keep and edge on your TEAM
- Players can't try hard to try hard
- All the GREATS have been problem solvers.
- You've got to be able to manage your best player
- Personal Edge – solitude (prayer) – humility before honor
- A TEAM of lions led by an ass or a TEAM of asses led by a lion
  
- FUNDRAISER: buy a player for what he's worth & sell him for what his parents think he's worth
  
- Nothing more harmful to a TEAM than a lack of discipline
- Judge a person on how he responds to a challenge
- Make decisions because they're right NOT easy, convenient, or popular
- Welcome tough times – necessity is the mother of invention
- Be your own best expert
- NEVER sacrifice toughness & attitude for quickness & size
- Daily need assessments of your program – 1 min. assessments
- Remember – those who can't compete, complain
- NBA – Next Best Action
- Make every year your first year. You never worked as hard as you did your 1<sup>st</sup> year.
- Who's driving the bus?

- TEAM LEADER(S):
- Be our hardest worker
- Take care of off court issues
- Let coaches sweat all other issues

- Jerry Krause – Rebounding

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- GONZAGA TEAM GOALS:
  - +10 Rebound Margin
  - Get 30% of Off. Reb. Available
  - Get 80% of Def. Reb. Available
- OFFENSIVE REBOUNDING:
  - Go to a gap NOT a back
  - Take the best gap (know where the ball is shot)
  - Play the percentages of the shot – baseline shot = backside rebounds
  - BIGS – always take the middle gap
- DEFENSIVE REBOUNDING:
  - Make visual contact first
  - Make physical contact with anyone inside the 3pt. arc
  - Last second shots (end of quarter, half, game) hit & go get the ball !!
  - Have a rebounding plan/goal
  - Verbal calls (any verbals) is same as coaching yourself
- TRANSITION THOUGHTS & REBOUNDING:
  - Sprint with vision to half court (don't give up lay-ups)
  - Shooter gets to elbow (stops ball)
    - OFFENSIVE REBOUNDING IS AN INDIVIDUAL SKILL
      - DEFENSIVE REBOUNDING IS A TEAM SKILL
- NOTES WRITTEN FROM JERRY KRAUSE HANDOUT:
  - Become a difference maker, understand that it's not always fun.
  - Be a coach w/character (love/respect) ~Tom Osborne
  - Coach as if you are changing lives
  - Candle or flame – how hot do you burn?
  - Criticize the act NOT the person!
  - Keep it simple and easy to learn. K.I.S.S.
  - View criticism as the highest compliment
  - TEACHER: teach well - - PLAYER: learn well
  - Style vs. Substance
  - Have an Attitude of Gratitude
  - By teaching we learn the most (seniors to freshmen)
  - Contact & Time – the only way to build something
  - Say what you mean & mean what
- 7 C's of Coaching:
  - Character – more important than reputation
  - Competent – know your trade

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- Commitment
- Empower your players for love of the game
- It's about what they can learn, not what we teach
- Caring
- They don't care about what you know until they know how much you care
- Confidence Builder
- Communicator – LISTEN
- Consistency

- Coach Meyer – General Knowledge

- Don't give orders to be understood – give orders that can't be misunderstood.

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- 3 Stations to start practice: Juggle – Partner Pass – 2 Ball Series (I would do this daily if I were a HS Coach)
- Sit into your game.
- Play until the whistle blows! This starts in practice.
- A charge is usually taken after a teammate makes a mistake.
- Don't go through the motions – mistakes are our friend.
- Eyes on the net - - good players see the entire floor!
- Full Ct. Pressure – don't lunge up & give up easy plays. Free man in pressure is responsible for the free pass.
- 5 on 4 Full Ct. – makes better athletes! CREATES COMPETITION IN PRACTICE
- Stop & Score (take a charge = automatic situational win!)
- Player that makes mistake doesn't run – create accountability!
- 3 on 3 on 3 – cut throat (1/2 ct.) game chaos & communication

### • 1 MINUTE ASSESSMENT:

- 1 Thing Better & Why – 1 Thing Better & How

- Nobody can coach if your players aren't listening!
- TURNOVERS: force ball handler to weak hand, not on dribble but force to pass w/ weak hand.
- You need an athlete that can fly around on defense with intelligence.
- Full Ct. Pressure – turn & trap on spin dribble (NO court vision)
- Shrink the floor with your full court pressure
- Have pressure designed to slow the game & speed the game.
- You must teach on the run in practice – maximize your time – you can't stop after each mistake.
- Some players HAVE to be mistake free! You as a coach have to know who they are and what they can do when they are in the game. Don't put them in situations to be unsuccessful. Nobody is mistake free!
- Don't let the ball enter the middle 1/3 of the court.
- A HS Coach should always look to force the ball to the weak hand in full ct. transition. Force weak hand catches.
- TRAP when the ball doesn't see you coming.
- Sometimes you have to make a point by absurdity!
- Deserve Success – you can't give someone something you don't have yourself.
- Match Up Defense – man defending the post and 4 defenders around him. If post defender comes out to help you're in trouble!

• “What you accept in victory you must accept in defeat.” ~Al McGuire

- Trap best ball handler & don't let him get it back – FORCE someone else to start their offense.
- Match up Defense is like Motion Offense – it's a little different w/ each TEAM.
- Who's responsible for your great practices?
- Players like to see guys that work hard win.
- Play so hard that you feel like you deserve to win!

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- ACCEPTABLE 'F' WORDS:
  - Family
  - Faith
  - Finances
  - Friends
- Look to screen the outside of the zone – SCREEN in and step to the ball.
- Your players have to know what they're running.
- Have your best defender guard man inbound ball on baseline out of bounds plays.
- BIGS – screen & seal on ALL baseline out of bounds plays!
- If you add/change something in your program – take something out. Too much information makes them think = slow feet.
- Don't shoot a pull-up jumper if defense forces you away from hoop or out of the paint.

- Matt Hammer – Coaching Your Best Player

- Wing Progression (Hammer Series)
  - (4pt. swish – 3pt. rim – 0pt. miss – FINISH ALL SHOTS!)
  - Start from Pro-Spot on a wing – no more than 3 dribble moves

## 2009 Don Meyer Coaching Academy

- Get ball from made hoop and 2-3 bust out dribble to opposite wing.
- Make each move from both sides of the basket.
- Middle drive – finish use rim to protect shot
- Baseline drive – finish off 2 feet
- Baseline drive – quick finish (beat help side)
- Middle drive – NBA quick shot
- Middle drive – shot fake/step thru
- Middle drive – 1 dribble pull-up
- Middle drive – hesitation move
- Baseline drive – hesitation move
- Middle drive – step back
- Jab step fake – 3pt.
- Utah/Retreat dribble & attack
- Finish w/ 4 FT's (+1 =swish, 0=rim, -1=miss)
- Keep track of your point total from all shots.

JAB STEP SERIES

- “If you can play offense, you can play defense.”

### • QUICK STAT:

- NBA keeps a point differential for players during play or on the bench.
- The 2 leaders in the NBA for players that have the biggest impact on their TEAMS point differential during game time.
  - LaBron James – Cleveland Cavaliers
  - Shane Battier – Houston Rockets

### • COACHING YOUR BEST PLAYER:

- “He who has been given much, much is expected.”
  - Who is your best player? (scorer, play maker, guard, post)
  - Check the score when your best player is in the game vs. out of the game.
  - Can he lead on/off of the court? (leaders can't have suspect character)
  - Has he bought in! (how does he practice, study, strength/condition, eat, treat others)
- BEST PLAYERS (Frosty Westering)
  - Egger mindset (egger vs. willing)
    - A love for hard work
  - Purpose to be the best he can be

### • SHOT SELECTION:

- 1 Bad Shot = a bad shot
- 2 Bad Shots = a bad player
- 3 Bad Shots = a bad coach

- Building Trust Takes Time – YEARS, not hours or days!

## • Jerry Krause – Passing & Catching

- GENERAL THOUGHTS:
- Passing is a TEAM skill - #1 skill conducive to success! Probably the least practiced offensive skill
- How do you get shots? Off the pass with a catch!
  - Every shot is a pass – every pass is a shot.
- Communication & footwork is essential to the pass & the catch.
- What is your footwork philosophy? Quick stop/step plant
- ON TIME – ON TARGET - - every pass
- Throw bullets NOT rainbows (PASS IT HARD!)
- Pass with your feet on the floor & catch it with your feet in the air.
- Catch with a click = 2 eyes – 2 hands – 2 feet (block & tuck)
  - (ON THE CATCH: fingers up when ball is above the waist – fingers down below the waist)
- Don't throw to the offense, throw away from the defense.
- Pass with a ping – catch with a click.
- Look for catches in the middle of the floor.
- Give the passer choices (targets)
- Start slow – speed up to game speed! (Bowling catches – flick L/R passes back to bowler)
  - 1 MINUTE ASSESSMENTS:
    - 1 thing you like & why
    - 1 thing you can change & how
- CREATE A PASS/CATCH SEQUENTIAL PROGRESSION FOR YOUR PROGRAM
- 3:1 ratio weak to strong hand
- Stationary pass/catch
- Move targets pass/catch
- Move bodies pass/catch
- 2 man offensive progression
- On every catch see RPA (Rim – Post – Action)
- Pass off of your offensive game speed cuts (curls, flares, back, pop-outs, transition cuts)
- Back cut pass off the bounce – 1 hand pass (quick, low, hard)
- NEVER FAKE A BACK CUT! Finish the cut.
- If you want a particular player to get a catch – have him set a back screen.
- Program assessments – TEAM essentials & needs (use your imagination as a coach)
- TYPES OF PASSES:



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- CHEST PASS – air/bounce, longer passes, passer not closely guarded
- OVERHEAD PASS – air, outlet, over the defense
- BASEBALL PASS – full court, one hand
- PUSH/FLICK PASS – air/bounce, one hand release from triple threat

- Derik Budig – Strength, Conditioning, Nutrition

- “The weight room builds personal confidence in players, which translates into court confidence.”
- GENERAL THOUGHTS:
  - Nutrition is as important IF NOT MORE important than strength & conditioning.
  - Train basketball players – not football, volleyball players.
  - Give players some choices on secondary lifts – gives them a feeling of inclusion in their development.
  - Get players in basketball condition first. Then progress their strength training.
  - NO heavy plyometrics until they can squat their body weight.
  - Standing broad jumps translates to higher vertical jump – use it in your training. (3x in a row)
  - Design competitions for your weight room workouts.
  - 80% of 1 rep max – output declines!
  - Squat depth - deeper = less stress on knees
- BASKETBALL SPECIFIC LIFTS:
  - 1 arm dumb-bell snatch
  - Swiss ball straight bar bench press
  - Plate flips & slaps – hand strength
  - Roman dead lifts – bar or DB
  - Leg curls on Swiss ball
  - Rice/corn buckets (5 gal.) – hand strength
- Nutrition information was on handouts. If you need it you can check the Northern website or send me a mailing address and I will photocopy mine and send it to you.

- Dan Magrino – Post Play

- GENERAL:
  - Don't just reward a big guy for being big. Teach them – hold them accountable.

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- Get guards a post touch, great equalizer for TEAMS that transition. If you can post an opponent's guard it makes their offensive transition much more difficult. Post play is more about toughness than size!
  - ESSENTIALS:
    - Head – 60% FG – passing out of post
    - Heart – has to want contact – get fouled
      - Hands – safely catch & rebound
    - Feet – get open, stay open, inch your seal
- 4 Shots BIGS Must Have:
  - Power Shot – finish w/ contact (get toes to baseline & get fouled, make defender come thru you)
  - Go To Move – split a double team
  - Counter – beat the scouting report
  - Free Throw – 70% from the FT line
- Developing a Go To Move:
  - Groove the Hook (have hands ready to rebound right away)
  - Toss Out – safe catch, extend shooting arm fully
  - Self Pass – air pass ¼ turn to mid-hook
  - Combo Move – vary your rhythm
  - PLAY LOW – SLOW – UNDER CONTROL
  - Euro Moves = Face Up – jumper, wipe/go, combo moves
  - (Pivot on baseline foot to see biggest part of the court)
  - Screen In – Seal In
  - Don't chase the ball – let the ball work for you & direct traffic!
- GETTING OPEN:
  - 4 second transition – block to block
  - An open palm is a form of communication – BIGS must direct traffic
  - Seal man NOT area – inside step seal
  - Screen – step to your screen to get a bigger/better piece of paint!
    - (85% of shots come from favorite side – use backboard on ALL finishes)
- FREE THROW BLOCKOUTS:
  - Make them game like – blockout vs. hand dummies
  - 1 on 1 scenario (5 push-ups if miss 1<sup>st</sup> shot – 3 push-ups if miss 2<sup>nd</sup> shot)
- DUKE DRILL:
  - 5 players w/ basketballs in a half moon around the paint
  - 2 players w/ air dummies in front of the hoop
  - 1 post player receives pass (vary passes – make some tough catches)
  - Post must split the dummies and finish w/ contact – FINISH ALL SHOTS!
  - Shoot FT's when fatigued

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- 1 Minute Workout:
- Finish All Shots!
- Sprint to 3pt. line & cut to YOUR post up spot
  - MOVES:
- Go to move
- Duck In
- Combo move
- Face up jumper/wipe & go
- Off. Rebound
- (On any post catch send your best cutter to the rim)

### • Coach Meyer – Practice Thoughts

- It's not enough to know you'll win the game – you have to know exactly how you're going to win.
- You have to know how you're going to lose the game.
- Dual purpose drills: Bobby Knight was asked if he could only spend an hour practicing, what would he work on, offense or defense. He said he'd spend an hour on both.
- Play 2 basket games in practice. It will make the players compete more.
- Stop and score to win – Spurs (create an atmosphere of competition)

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- As a new coach you have to make it hard so that you can see which players are want to be there.
- If you're going to get fired, get fired doing it your way.
- Don't let your assistants get you fired. Money doesn't buy loyalty.
- You have to believe in what you're doing and have faith in it.
- It doesn't matter where you're coaching, you have to make it important to you and your players.
- You have to love the game to coach, but you have to love your kids even more. Treat them right.
- Informal time with your players. Let them know you have a sense of humor. Don't be the class clown.
- Have Fun without being Funny!
- Have an appreciation for coaching. Enjoy putting in the hours.
- Do what's right for your players. Be the guiding light.
- Be a total package coach to have a total package program.
- Use practice to put your players in learning situations.
- It's the players' team, not yours.
- The pros aren't a reference for the fundamentals.
- If their eyes are on the coach there's a better chance their ears are too.
- It's not what you're teaching, it's what they're learning.
- You'll never know how much it means to be a part of a team until you're gone.
- You can learn a lot by watching a bad coach.
- You have to keep coaching no matter how bad you're losing. If you give up, you can't get mad at your players for giving up.
- Jackie Robinson in hospital talking to Pee Wee Reese. His last walk will be a proud walk.
- It takes a long time to build a team. It takes an instance to destroy one.

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- If you're soft in practice, you're soft in games.
- I have a better chance to play if I'm a great defender rather than a great shooter.
- Defense is built on the foundation of trust.
- It's not who starts the game, it's who finishes it.
- If you have to try hard to try hard, you're already beat.
- If the coach does a good job in practice, the player will do a good job in the game.
  
- Planner Pad- plan the week on Sunday, plan the next day the night before.
- Roles and goals- weekly
- There is no such thing as a squirrel-proof bird feeder. Necessity is the mother of invention.
- Don't work for the system, make the system work for you.
- Find an organizational tool that works for you.
- You're the same person whether or not you have a whistle on or off.
- Productivity – use your time wisely
- Watch your football team practice to get ideas for practice organization.
- Have books next to the bed with a note pad. Be ready for ideas at all times.
- Fish bowl effect with our players. A lot of people in the community know who they are.
- Your players need to know how to change from one drill to the next in practice as quickly as possible.
- Be wide enough to have balance but not so wide that you lose quickness.
- It's better to be too low and wide than too high and narrow.
- Sideline out of bounds (offense) – post on block, other 3 are 6 inches from the sideline to prevent switches. The post can flash to release pressure. When expecting a foul, get in a line with the best free throw shooter in back. The front three guys cut one right after another and the shooter cuts to the ball.

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- You have to inbound safely before you start thinking about scoring off out of bounds play.
- The best thing that happened to Coach Meyer was winning 5 games his first year. He still loved it and knew he wanted to coach.
- Screening- start with a basket cut, break it off, get the proper screening angle, butt to the ball. Cutter has to wait for screen, set his man up, come of screen with his shoulder on the hip of the screener, hands ready and calling their cut.
- Guarding the Single Down Screen- Ball pressure on the ball to make the passer uncomfortable, followed by a jump to the ball. The person guarding the screener has to know what type of cut his man likes to make. If he has to chase the cutter, he gets on his outside hip to avoid being screened. If the cutter curls the screen, the man guarding the screener will stand him up.
- Guarding the Back Pick- some teams like an automatic switch. Person guarding the cutter has to jump to the ball to avoid screen. Guy guarding the screener needs to squeeze the screener up and let his man through, then get into denial position.
- Guarding Flare Screen @ Elbow- Go over the top on all flares, do not give help when guarding screener.
- Setting Flare Screen @ Elbow- Screener has butt to the corner, cutter has to set it up by touching the center of the free throw line.
- Guarding Staggered Double- The defender guarding the cutter can go ballside of the first screen and chase the cutter around the 2<sup>nd</sup> screen by staying on his outside hip. If it's a great shooter receiving the screen you should chase on both screens. The person guarding the 1<sup>st</sup> screener is the zone guy. He takes away all slips. The person guarding the 2<sup>nd</sup> screener is the "extend" guy. He doesn't allow an easy catch and shoot by the cutter.
  - Chase, Zone, Extend
- Setting a Staggered Double- Usually set for a shooter. If the defense switches you look for a slip. If the cutter curls either of the screens, the 2<sup>nd</sup> screener sets a down screen for the 1<sup>st</sup> screener.
- Guarding a Side-by-Side Double- You always chase on a side-by-side double. Stay on the outside hip. The closest guy to the ball guarding the screeners is the "extend" guy and the furthest removed is the "zone" guy.

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- Always look to open a tunnel for your teammate guarding a cutter. See him safely through.
- Press Offense:
  - Can you run the baseline?
  - Post is always ballside
  - 3 available receivers with a deep diagonal
  - Look opposite after a middle catch
  - It's revolving 4-corners with your best handler in the middle
- 4 Problems Young Coaches Have
- Transition Defense
- Zone Attack
- Press Offense
- Rebounding
- Put your best playmaker in the middle vs a zone press.
- The best full court press at high school level would be a man to man press where you deny the other team's best handler. Smart trap. Don't let their best player get an easy catch.
- When scouting, we split a sheet of paper in half. On the left side we put down what we can do on defense. On the right side we put down what we can do on offense. Put personnel on the bottom of the page.
- Try a 2-2-1 soft press to slow down the game or to take them out of rhythm.
- NBA players have to learn a new vocabulary when they're traded. That's a big reason why you don't see trades in the NFL during the season.
- NSU Gameday Preparation:
  - Team meal and film the night before followed by a quick meeting
  - Practice: Three stations (2 ball dribbling, partner passing, dribble & juggle), lots of shooting, 5 on 0, scouting report.

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- Look for curl screens to free up the post. The cutter will make a curl cut off a screen and try to run into the screener's defender.
- Screen-out/Seal-out vs a zone. The cutter will get a middle catch and the screener will seal the defense and look for a feed to the hoop.
- Always look at the rim, then the post, then opposite after a middle catch.
- Why You Play Zone:
  - You can't guard them man-to-man
  - They're not good vs. a zone
  - They have a great post player
  - Their guards are too quick for yours to guard
- I'd rather be a great practice coach than a great game coach.
- Shorten your practices as the playoffs come closer. Save their legs.
- Zone if you don't have the proper match-ups
- You have to be smart about getting on refs. Know when to pick up a technical foul.
- We never rate our officials for our league.
- Our players don't talk to the officials.
  - Make a list that has Play, Coach, Officiate on it. Tell your players to circle the one they want to do.
- Balls in the rack in practice to help cut down on turnovers. Start with 3 balls in the rack and remove one after every turnover. Once the 3 are gone they run, then put the balls back in the rack.
- Always foul to prevent a breakaway lay-up. Make them earn it at the line. No flagrant, always go for the ball.
- Value the ball, no wasted possessions.
- If the post for the opponent has a lot of turnovers and not many assists, look to trap him.
- On your scouting report, hi-light good things for you in green, and bad things in red. For example, if one of their players is a poor free throw shooter you'll hi-light them in green.



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\*\*\*A special thanks goes out to Lance Creech, head coach at Hastings College in Hastings, Nebraska, for putting these notes together.

A handwritten signature in cursive script that reads "Don Meyer".

# NORTHERN STATE WOLVES BASKETBALL

## *MOTION PRINCIPLES*

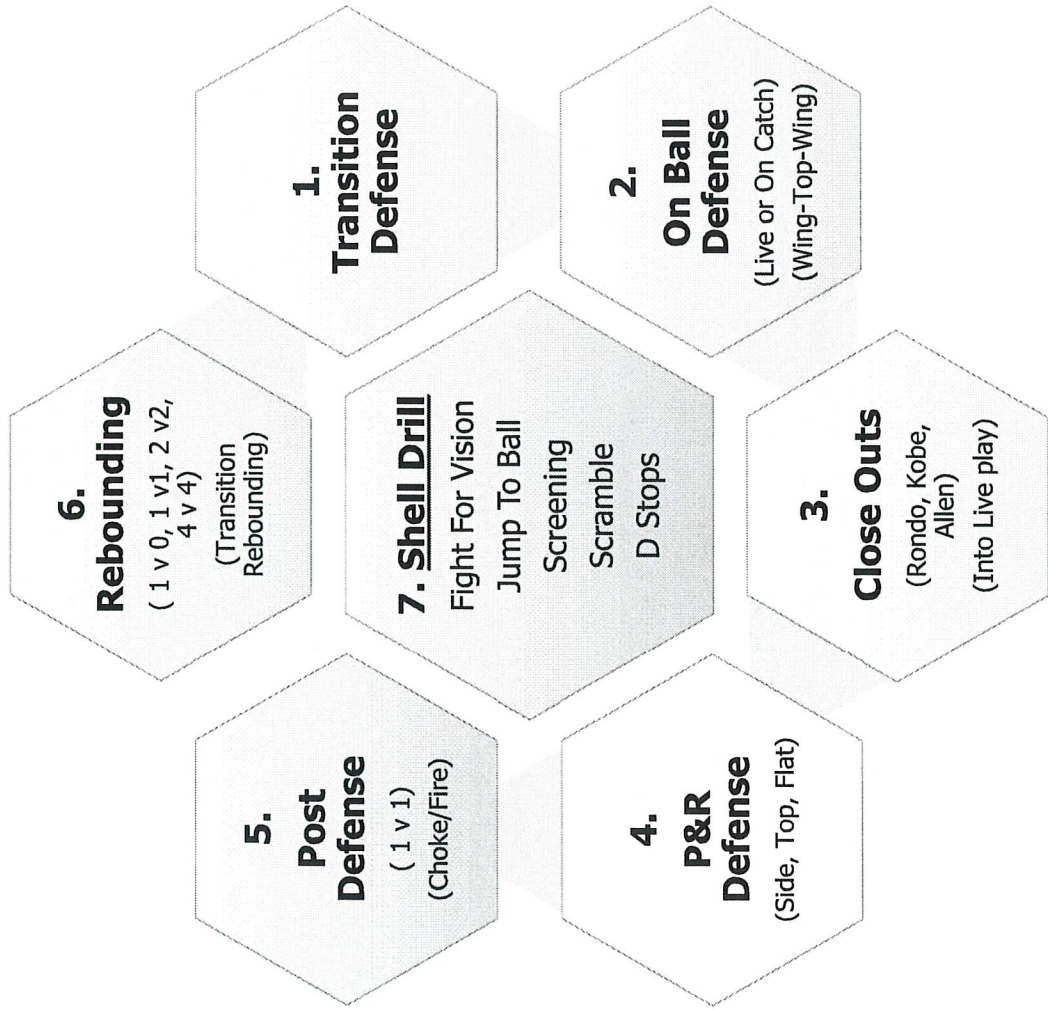
1. Spacing is offense; offense is spacing...BIG SPACING.
  2. Angles; post men constantly seal to obtain feeding angles/perimeters move to obtain feeding angles.
  3. Momentum; we look to drive against an opponents momentum and/or mismatches.  
→ OUR DRIVE OF PREFERENCE IS THE MIDDLE DRIVE.  
→ Pass fakes, shot fakes & skip passes are excellent ways to create defensive momentum.
  4. Hit first open man by zipping pass away from the defense. Center ball on top, middle catches.
  5. On every catch look Rim, Post, Action...verbals in practice are great teaching tools.
  6. Put the ball on top twice...we want to go to the 3<sup>rd</sup> side and 4<sup>th</sup> side and then inside.  
→ 4 passes = a good shot, 5 passes = a great shot, 7 passes = a great shot and a foul
  7. Hold the ball longer on top as our best post feeds come from the top versus a man or a zone
  8. We want to go inside, inside, and inside some more. Cut and space gaggle on the catch.
  9. Slow down and read your defensive man when you make cuts.  
→ This gives you a change of pace with your change of direction.
  10. Basket cut to score or whenever you do not know what to do on the perimeter.  
→ Stick head under the basket, read the defense, and space to appropriate area at the NBA line.
  11. Players in the post seal constantly to occupy defense rather than chasing ball around perimeter.  
→ Your only movement is to get more of the defense. Get a two foot in the paint angled catch.  
→ Show your numbers to the ball and the ball will come to you.
  2. Move the ball quickly and crisply, but not so fast that you can't see the Rim, Post and Action.
  13. Move with a purpose when cutting and screening. Watch your defender rather than the ball.  
→ We need quality cuts and screens. Head hunt your screen and sit low and wide.
  14. We want to take great open rhythm shots.  
4 = Open lay-up  
3 = Open jump shot  
2 = Okay shot by a good shooter/scorer  
1 = Bad shot  
0 = Turnover
- WE WANT 4'S & 3'S***
15. We must have great Offensive Board Coverage (OBC) on every shot...3 tailbacks  
→ We want 2 on 1 rebounding in the weakside slice of the pie. REBOUND PRESENSE
  16. We must have great Transition and Talk on every shot we take.  
Fullback at the half line allows no lay-ups or uncontested 3's  
Halfback at circle area for long rebound and to stop the ball  
3 tailbacks that crash the boards and then get their tails back

## GETTING TO THE FREE THROW LINE (we want to make more free throws than opponents attempt)

1. Fast break at every opportunity.....UNCOMFORTABLE PACE
2. Post and finish strong to the rim (this doesn't have to be just post men)
3. Quality cuts and screens..... lots of pipe cuts, pocket catches, catches on top
4. Drive the ball as opposed to dribbling...drive against momentum and mismatches
5. Offensive Board Coverage on each shot

# Defensive Cut-Up's

(Must Work On These Areas)



## 8. Situational

### Do More Of!!!!

- Protecting the lead
- Free Throw Block Out
- How To Foul late up 3pts
- SOB: Pressure set to get ball inbounded
- UOB: Need a 2pt, Need a 3pt (4 sec or less)
- SOB: Need a 2pt, Need a 3pt (4 sec or less)

### Building Blocks:

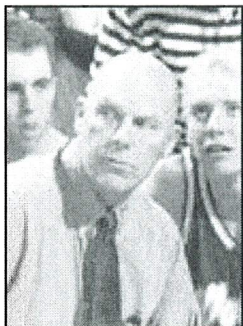
Day To Day 3-7 minutes

- On Ball Defense
- Closeouts (Into Live also)
- P&R Defense
- Post Defense/Post Feeds
- Rebounding

### Team/Shell:

10 minutes max per

- Transition Defense
- Shell Drills: 3 v 3, 4 v 4, 5 v 4 (Full or 1/2 Ct.)
- Jump To Ball/Fighting For Vision/Reposition
- Screening Actions/Action of Day
- Scramble (Disadvantage Drills)
- D- Stops (1/2 Ct. Or UOB/SOB's)
- Situational



# COACH DON MEYER

**NORTHERN UNIVERSITY**



**CORAL SPRINGS CLINIC**

Get all the good ideas but you can't use them.

Keep philosophy simple...Majerus says this is a difficult thing.

Tarkanian: "The more they think, the slower they get."

Search for the teachable moment:

- Loss
- Big Win

What you say after loss or big win is tremendously important.

Why I Coach (Coach Meyer's list) - **make my list**

- Teach toughness (life skill)
- Teach team attitude (everyday)
- Teach fundamentals
- Teach life skills

Bus ride — team bonding.

**We need to collect our player notebooks and review them...periodically check them make sure "they get it."**

Jerry Krause

- Be yourself
- Find your unique talent or gift
- Give your gift away

Real coaching is the test of time.

Wooden: "I miss the smell of the practice floor."

Practice...one of the things you can control...not looking for pretty—looking to get better.

Hank Iba: "You must practice the game in the manner in which it is played."

Joe Paterno: "It's a coaches job to replicated game situations in practice."

#### 7 C's of Coaching

Conditioning...to play hard you must be in shape

Communication...early, often, loud

Concentration...never saw a confident team that was quiet

Compete...drills must be competitive

Consistency...result of doing it everyday

Chaos...must have it in practice because you have it in games

Coach

John Wooden: "We might not be the most conditioned team but they think they are."

Lon Krueger: "Prepare, practice and play like you just lost your last game."

Morgan Wooten: "Leadership starts at the top."

Good leaders make the team think they did it.

Got to have internal leaders. We must develop

"An army of lions lead by an ass will be defeated by an army of asses lead by a lion."  
-sign on Doug Collins office

Wooden philosophy on helping kids: "It is better to go too far than not far enough."

#### Points of Contact

Attraction: people feel attractive by you make them see themselves.

Somewhere we need to meet someone who expects greatness of you.

Listen to your leaders as a coach.

Got to have a couple of kids that know the game.

#### Coaching Energy—

Rest...if you are fatigued you can't be consistent

Exercise

Relax...from your work

Enjoy the fruits of your labor

Enjoy the relationships with your kids and your friendships with coaches.

No down time if you coach right.

Savor the success of your work...journey's a lot better than the end.

Thoughtfully reflect on what you learn in order to improve

Coach Meyer keeps 3 journals

- Things I learned today
- Basketball
- Wife (will give to her as a present)

One minute assessments (Develop this in my coaching style)

- 1 thing **YOU** did well and **WHY**
- 1 thing **WE** can do better and **HOW**

Coach Meyer: "What motivates me? Being around coaches who care and love to teach."

3 Stages of coaching:

- Blind enthusiasm
- Sophisticated complexity
- Mature simplicity

Coaching...Passion...Burden

**No job too small, no sacrifice too big.**

**Leaders must be accessible to kids (give this quote to our kids)**

5 Stages of coaching:

- Survival
- Striving for Success
- Satisfaction
- Significant State (dangerous level = jealousy)
- Spent (have burnt the candle all the way down)

You should feel your program is the "front porch to the university" (Mark Emmert)

Demotivational Factors:

- Fear
- Doubt (yourself/system)
- Worry

Worst reason to take a job is for the money.

## MATTHEW 6:25-:34

### Do Not Worry

<sup>25</sup>"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? <sup>26</sup>Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup>Who of you by worrying can add a single hour to his life<sup>[a]</sup>?

<sup>28</sup>"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. <sup>29</sup>Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup>If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? <sup>31</sup>So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup>For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup>But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup>Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

### 5 "F" Words

Faith...believe in something not yet seen  
Family...have to have a family with your team  
Friends...have to have them for balance  
Fitness...lifetime goal  
Finances...talk to your kids about

America keeps score by dollars — lousy way.  
Money is a terrible master, an excellent servant  
Not what you have but what has you.  
Money has yet to make a man rich.

**Nothing drains your energy more than a non-responsive player.**

**Life is too short to spend with losers.**

Never be afraid to tell a coach, players, or team that you love them.

Coach Meyer's Morning Routing (I need to develop one for off-season)  
Meditate  
List of people to pray for  
Goals to achieve that day

Plannerpads.com

Dictaphone (do a better job of using mine)

Coaching pitfalls...

Pressure...Parents...Problems...Administration

On dealing with administrators: "Don't wrestle in the mud with the pig because the pig likes it."

Pressure is good...stress is bad.

A diamond is a hunk of coal made under pressure.

You're a poor specimen if you can't handle the pressure of adversity.

Cozy up to pressure.

A good enemy is often better than a good friend.

Coach Meyer will talk to parents about anything but playing time.

Coaches must learn to deal with parents. Kids don't pick their parents.

Can we win with you on the floor?

Can we win with you on the bench?

Body carriage

Passion

Aura

X Factor

Charisma

"They knew he was going to be great long before they called him 'Bear.'"

It's OK to make a mistake...not OK to mope, pout or quit...this applied to players and coaches (coaches first).

Learn from your kids...they'll surprise you...if not, you're a bad teacher.

**Key to a great program...Look for ways to win!**

Are you a victor or a victim?

NBA...Next Best Action

Greatest strength...greatest weakness — be balanced.

Only thing that can keep us safe is humility — lifetime learned.



Coach today the way you want 10 years from now.

Knight is into the common denominator of wins and loses.

Why did we win?

Why did we lose?

Dean Lockwood talking to Pat Summit on plane ride back from Michigan State loss...

...was Michigan State better conditioned...Summit: "No"

...did Michigan State have better athletes...Summit: "No"

...was Michigan State tougher...Summit: "No"

...was Michigan State more skilled...Summit: "Yes"

Team Building

Physically touch 1/3 of your players every day.

LaRussa—red fungo bat — converse with players at batting practice

Northern has daily sign-in sheet with space for comments.

Bulletin board is important but less is more on it.

"Waterhole"

Water fountain outside of Coach Meyer's office

Players always stop and get a drink of water

Allows Coach Meyer to have a conversation with them

Sign on fountain: "No true wolf passes by without taking a drink."

Team building: informal time...informal things together.

Scouting Sheet

Seniors go over with others

Watch video together the night before

Team goes to high school games together (community support/recruiting)

Team works concessions for other sports

Coach Meyer takes team on retreat.

"What are you going to give your team everyday?"

"Lock In"...kids stay all night in the gym with Northern team

...we can do this!

...Pokey's Slumber Party

...near the season on a Friday night

**Player notebooks...do a better job of checking them!**

Camp/Team (3 things everyone does)

Everyone takes notes (including coaches)

"Please" "Thank You" "Yes sir" "No Sir" "Yes mam" "No mam"

Pick up trash

Teach Each Other!!!

Northern sometimes lifts after a game.

Stretch before and after practice

Recover procedure

Bananas/Gatorade

**Redshirt workouts**

We need to do this with redshirts or little used subs

Keeps them in shape...improves their skill...gives them value

Wolf Dog Festival

Great for community

have face-to-face with team before they leave for summer

Books:

"Getting Things Done" - David Allen

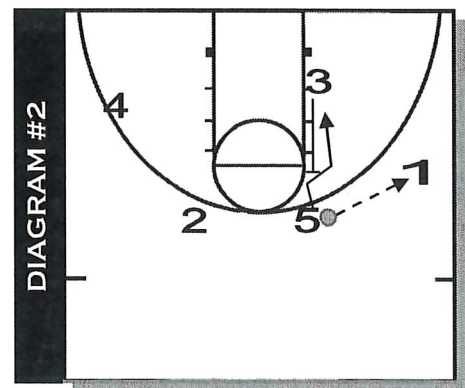
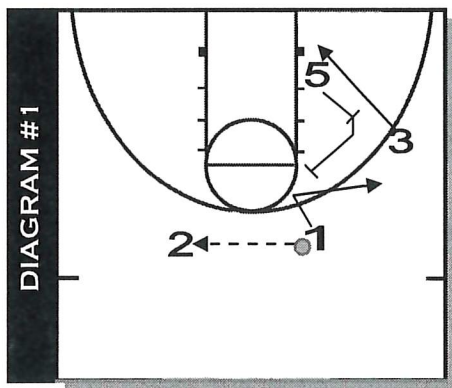
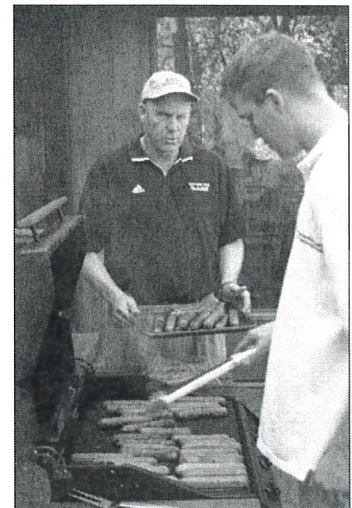
Anything by Bruce Brown

Juggling — add to our 2 ball routine.

Coach Meyer look to use Swing Offense

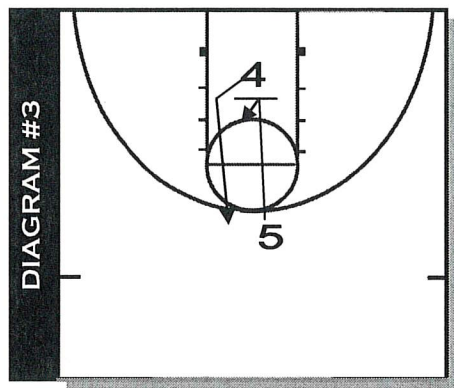
**Diagram #1:** Possible screening action for low post

**Diagram #2:** Perimeter player screening way out of post.



Coach Meyer inbound the ball on the left side to allow point to use right hand to cross main street.

**Diagram #3: "Crunch"** — transition...#4 runs to the rim...#5 trailing comes down to screen, turns and seals defender...must teach to Fowles (perfect it with her!)



## **PITFALLS OF POOR PLANNING**

*Type, laminate and keep copy on desk and in planner*

- #1 Allowing "to-dos" to rule day instead of prioritizing
- #2 Setting unrealistic number of things to do each day
- #3 Failing to have your planning system with you at all times
- #4 Forgetting to allow time between schedule appointments
- #5 Failing to allow 1 1/2 hours a day for the unexpected
- #6 Not having an effective system for capturing and retrieving information
- #7 Failing to have a personal management system
- #8 Retaining unnecessary information
- #9 Failing to plan for "big rocks" weekly, "small rocks" daily
- #10 Failing to allow time for advanced planning

  
**Northern State University**  
*Basketball*  
**The Definite Dozen of Wolves Basketball**

TO STAY HERE:

1. **BE COMMITTED TO YOUR ACADEMICS** – Know your catalog...make a plan...get degree. Go to class every day. Be on time. Sit up front. Take good notes. Do all extra work possible. Plan ahead and talk to professor when we travel or you are having a problem. Get tutors when you need them.
2. **BE COMMITTED TO HAVING CLASS** – Treat teachers, trainers, support staff, food service workers, and all you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Everyone takes notes, everyone picks up trash and everyone is courteous. Say please, thank you, yes sir, and yes ma'am. Give people the benefit of the doubt and always remember to smile.
3. **BE COMMITTED TO DOING THE RIGHT THING** – We have plenty of school rules...know them. Realize if you just try to do the right thing you will be OK. Try to do the next right thing right and you are as close to perfect as any person can be.
4. **BE COMMITTED TO THE PROGRAM** – We realize that our players are in a fish bowl at Northern. Every word and action will be watched. Our program's reputation provides many opportunities yet brings many responsibilities. We must be committed to build on to the tradition of our program and respect those that have gone before us and paid the price to build the program.

TO PLAY HERE:

1. **BE COMMITTED TO HARD WORK** – Our program is built on the concept that hard work pays off. We believe that we work harder than anyone else...and because of that we always deserve to win. There is a reason we are the best we can be...we work at it. Our best player must be our hardest worker. Be our hardest worker.
2. **BE COMMITTED TO BECOMING A SMART PLAYER** – We all must be ready to learn. We believe we work smarter than anyone else...We must develop players who understand the game. We all must be good listeners and learn by watching. We must make good decisions, we must play with poise. We prepare mentally for practice and games.
3. **BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT** – We must all believe in our team concept. Our program is built on the concept that the team/program is bigger than any one player or coach...We need unselfish players and coaches.
4. **COMMIT YOURSELF TO A WINNING ATTITUDE** – Our players must be committed to winning but understand we don't measure our success by winning alone. Each time we play we evaluate ourselves on reaching our potential. The test for our team is to play against the game not just our opponent. We never quit. We always are looking for ways to win.

TO WIN HERE:

1. **BELIEVE IN OUR SYSTEM OF PLAY** – Commit yourself to our philosophy, to our system of play. Be a sponge and soak up the concepts of how we play. Learn your role...then accept your role and do it the best you can.
2. **BELIEVE IN YOURSELF** – Play with confidence...think positive. Don't get down when you play poorly...realize you were chosen to be here...be a leader... remember that your heart controls what your tongue says. Lead by example.
3. **BELIEVE IN YOUR TEAMMATES** – Communicate with each other...help each other. Remember the strength of the pack is the wolf and the strength of the wolf is the pack. Encourage each other and support each other. Don't ever forget the importance of the shell around the team. Be a friend. We are all different – be tolerant of teammates and others.
4. **BELIEVE IN YOUR COACHES** – Understand that your coaches are trying to help make you better people and players. Ask questions...don't whine, complain or make excuses. Learn to take tough coaching. You must believe that the coaches are doing what they think is right for the team and you.

## Northern State University Basketball Trademarks

### 1. TEAM ATTITUDE (WE BEFORE ME)

Love for each other	Unselfish
Trustworthy	Huddles on the floor
Clean locker-room	Help teammates up
Wipe up floor	Sprint off floor
Disciplined	Know Roles

### 2. SERVANTHOOD / STEWARDSHIP

Courteous / Polite	Picking up trash
Sportsmanship	Respect for the game / Opponents
Doing the next right thing right	Helping Keith

### 3. TOUGHNESS (NEVER OUT HUSTLED, NEVER OUT THOUGHT)

#### 4. FUNDAMENTALS

<u>Defense</u>	<u>Offense</u>
Transition and Talk	Sureness
Stance, Vision, Position, Talk	Triple Threat
Ball Pressure	LBBBOS
On and up the line	Doleac
Closeouts	Feeding the post
High hands --- Hand Above Ball	Cut and space
Shot pressure	Drive and space
BOPCRO	Follow through

### 5. STUDENTS / TEACHERS OF THE GAME

Notebooks  
Camp  
Active and teaching bench

### 6. COMMUNICATION

System of talk  
Echo yells  
Posts demand the ball

### 7. CONSTANT IMPROVEMENT (KAIZEN)

Sense of urgency  
Warm-ups  
Buying-in  
Attention to detail  
Red Team workouts



## **WOODEN'S TOP TEN**

- 1. MAKE EACH DAY YOUR MASTERPIECE.**
- 2. NEVER CRITICIZE A TEAMMATE.**
- 3. MOST FIELD GOALS SHOULD COME AT THE END OF A PASS**
- 4. IF YOU ARE A GOOD OFFENSIVE PLAYER, IT IS A DISGRACE IF YOU ARE NOT A GOOD DEFENSIVE PLAYER.**
- 5. THE THREE ESSENTIALS FOR REBOUNDING:**
  - A. ASSUME EVERY SHOT WILL BE MISSED.**
  - B. GET YOUR HANDS ABOVE YOUR SHOULDERS.**
  - C. GO GET THE BALL (PURSUE IT).**
- 6. LOVE IS THE MOST MEANINGFUL WORD IN THE ENGLISH LANGUAGE, BUT BALANCE (PHYSICAL, MENTAL, EMOTIONAL) IS ESSENTIAL FOR A BASKETBALL PLAYER TO COME CLOSE TO HIS LEVEL OF COMPETENCY.**
- 7. DON'T TRY TO BE BETTER THAN SOMEONE ELSE, LEARN FROM OTHERS AS ALL YOU WILL EVER KNOW IS WHAT YOU LEARN FROM OTHERS AND NEVER CEASE TRYING TO BE THE BEST THAT YOU CAN BE.**
- 8. WHEN TEAMS ARE FAIRLY EVENLY MATCHED, THE BETTER CONDITIONED TEAM WILL USUALLY PREVAIL**
- 9. FAILURE TO PREPARE IS PREPARING TO FAIL.**
- 10. ABILITY MAY GET YOU TO THE TOP, BUT IT TAKES CHARACTER TO KEEP YOU THERE.**

**“I TRIED TO HAVE ONLY TWO OR THREE ON THE DRESSING ROOM BOARD AT ALL TIMES, BUT TRIED TO HAVE ONE NEW ONE EACH WEEK AND OCCASIONALLY WOULD REPEAT SOME OF THE TEN LISTED AMONG THE MANY I USED.”**

**- JOHN WOODEN**