

4 makes a read

Who is going to get downhill for us + create plays

Standard: A level of quality or attainment. An idea or thing used as a measure, norm or model in comparative evaluations

Rule: One of a set of explicit or understood regulations or principles governing conduct within a particular activity or sphere.

To lead; you've got to be a leader. Impose your leadership

The only permanent value of work lies in achievement
Without confrontation, you're not going to change the way people think and act

"You want to succeed. I want to see you succeed. We both really want the same thing."

"I think you're better than you think you are."

Focus on immediate, achievable goals

- Small, visible goals

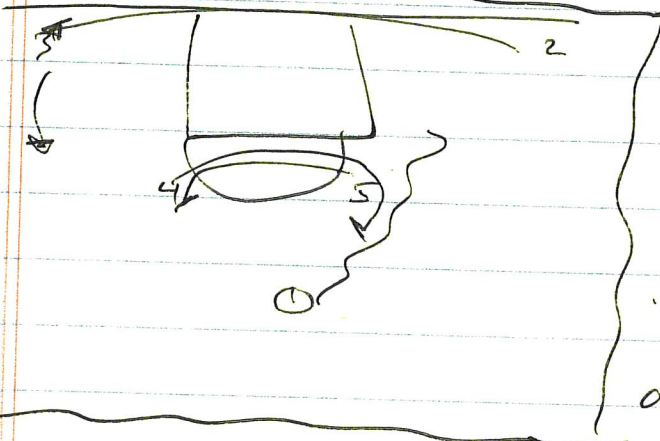
Outwork your share

McCabe Flynn
Prince Gilson

Do we have alignment from top to bottom + bottom to top?

off.
Rebounding

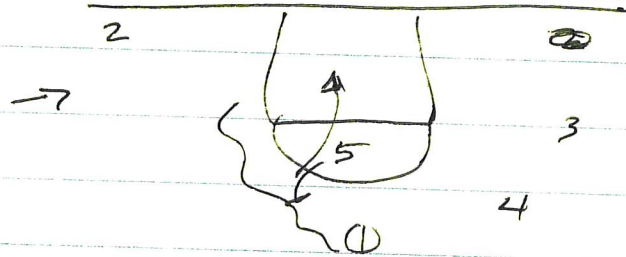
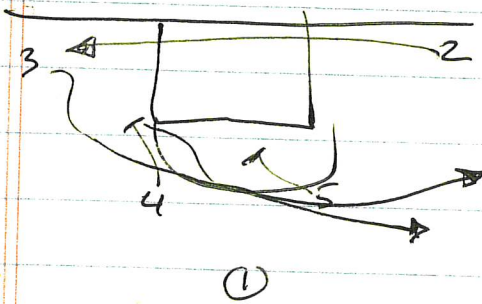
- ① Effort \rightarrow Don't be easy to Box Out
- ② Crash Weakside \rightarrow 70%
- ③ Emphasize; Make it a habit



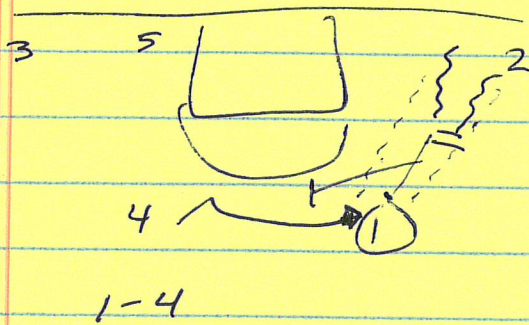
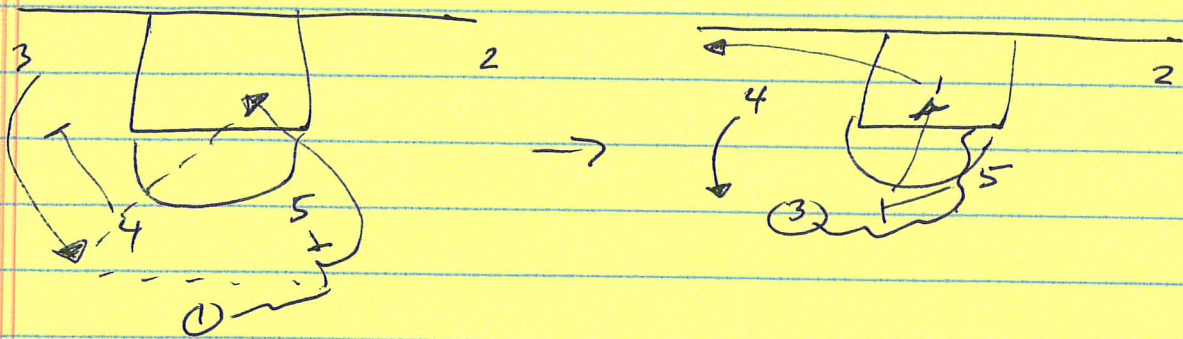
Teams that win EFG% + TB% went undefeated in NCAA tournament

"I don't have to be lesser at one thing to be great at another."

"Winner know why they win, losers don't know why they lose."
- Mike Cronin

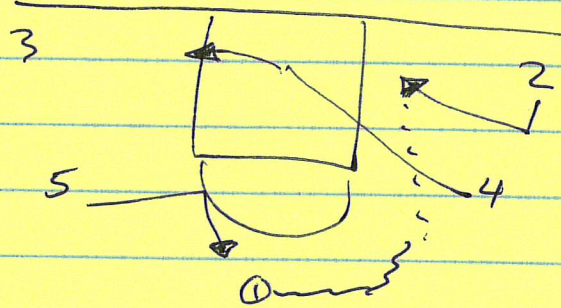
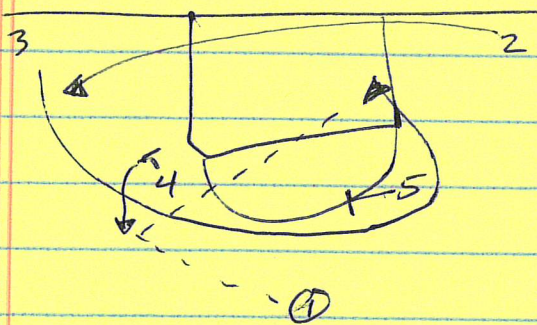


Even a ~~bad~~ bad cut will work if you cut hard to create help

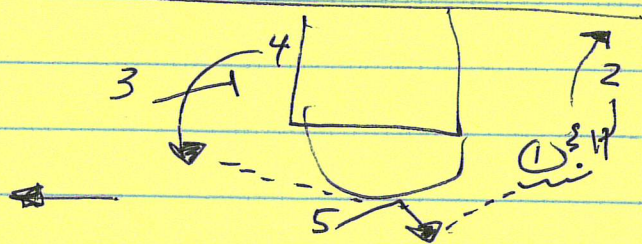
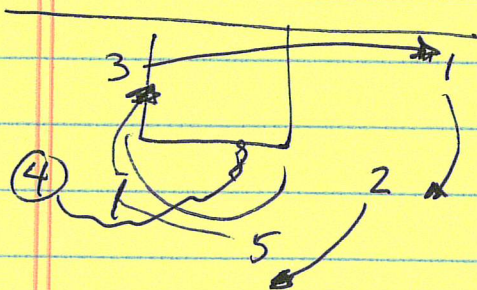


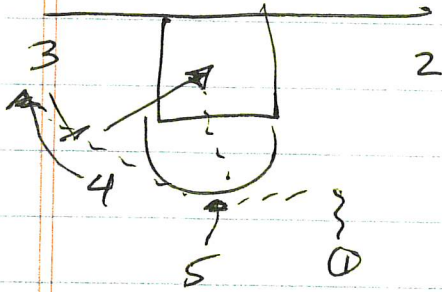
You can't control, you must connect
Can't delegate relationships

Run a zone that doesn't give
up easy 3 pt. shots

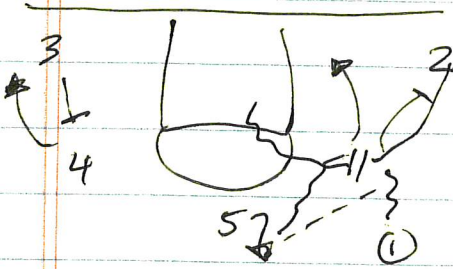
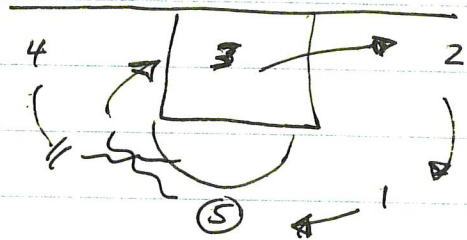


OK



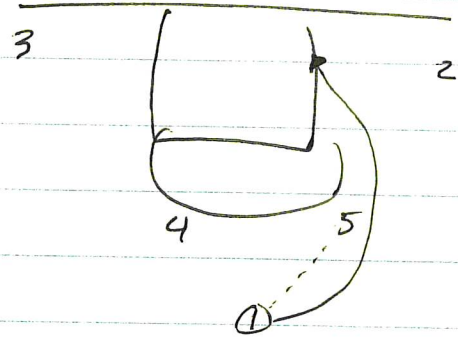
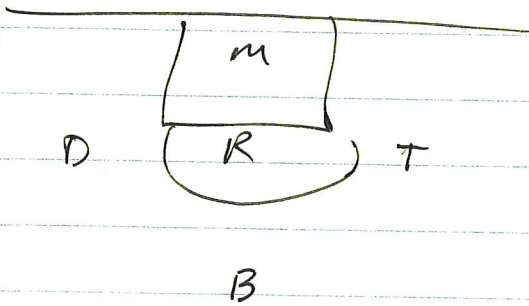


OR



Highest FG% - 75% Win.Pct.
 Most FT's - 70%
 Rebounding - 65%
 Less Fouls - 75%
 Up @ Half - 74%

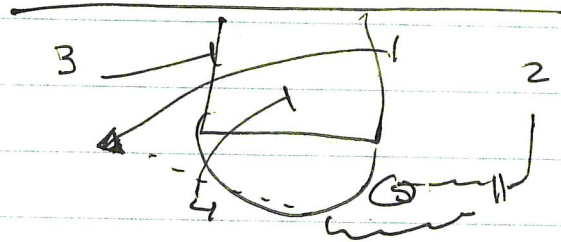
Can we run a 1-3-1?

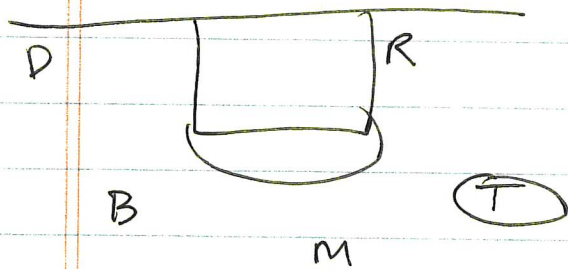
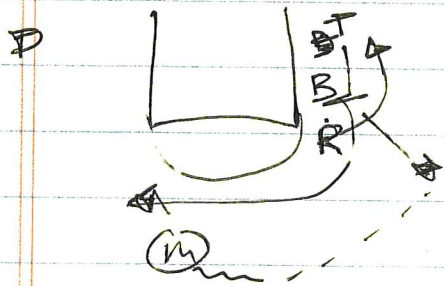
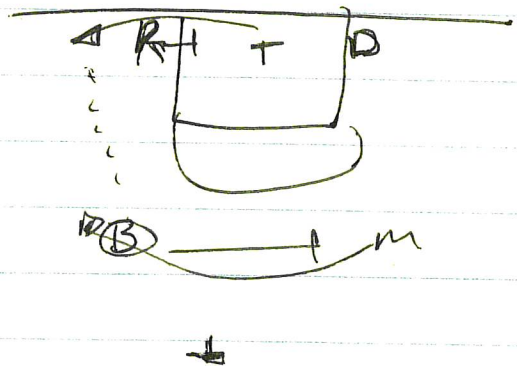
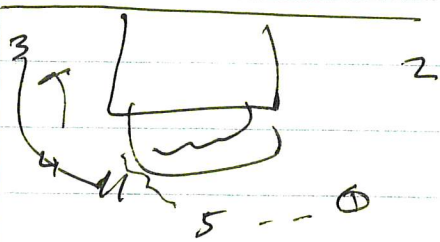


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Know how our players learn:

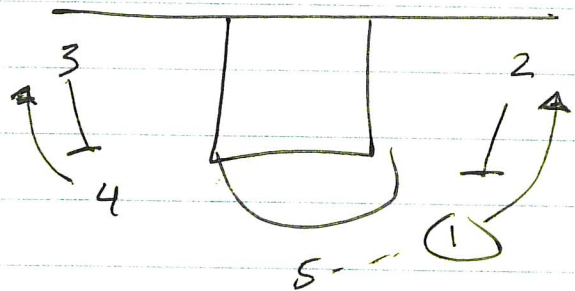
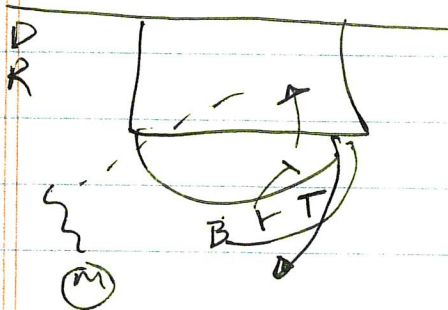
- Visual
- Auditory
- Kinetic
- Writing / Drawing
- Player as a coach
- Cooperative vs. Competitive
- Whole / Part / Whole vs. Whole
- Gaining feedback





"You're not a leader unless
you're perceived as one."
- Steve Young

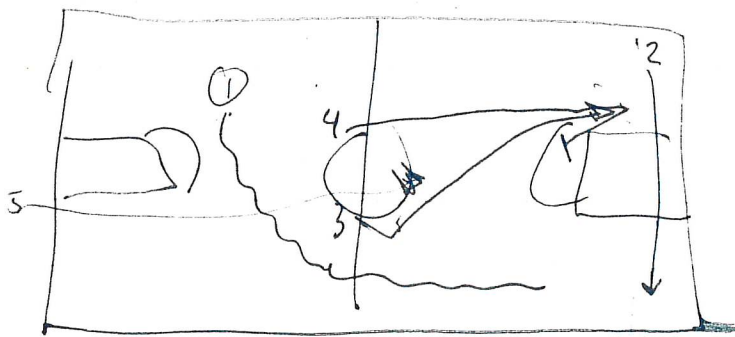
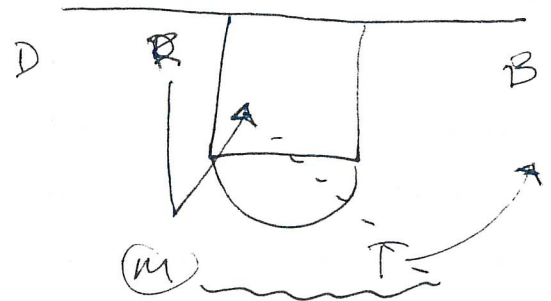
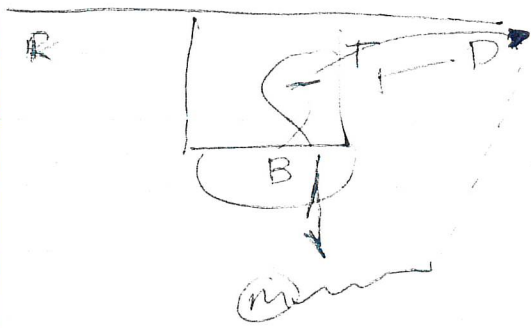
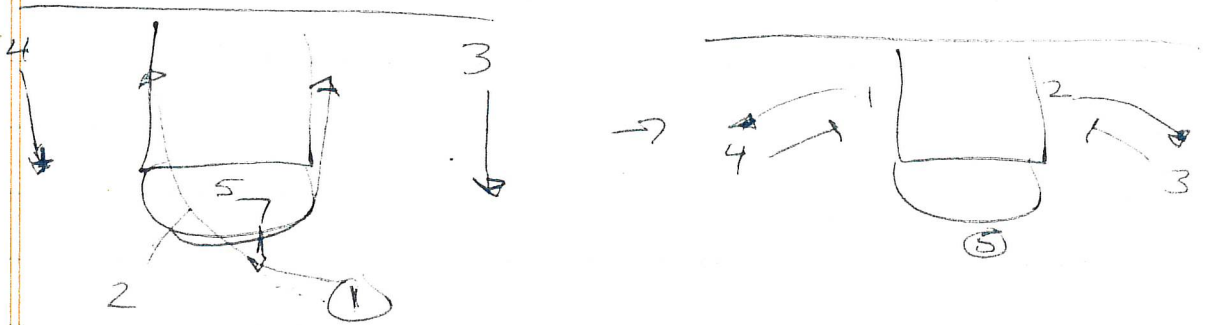
"What you're really looking for in
life is a platform to broadcast
how good you are."
- Steve Couey



"Everybody on the team plays the entire game; some do it on the court, others do it from the beach."

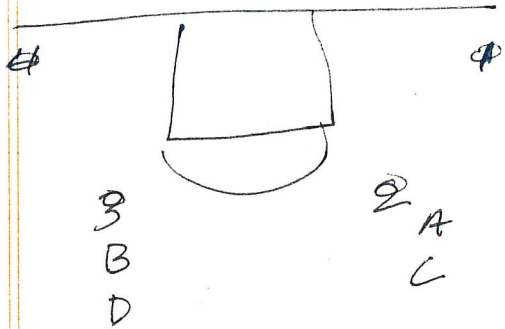
"First best shot."

NEBRASKA PRACTICE



CREIGHTON PRACTICE

Quote → Ask a player what it means to them



A → 1

Number → Shooting Spot

B → 2

Letter → Passer

C → 3

60/90 Seconds Per

D → 4

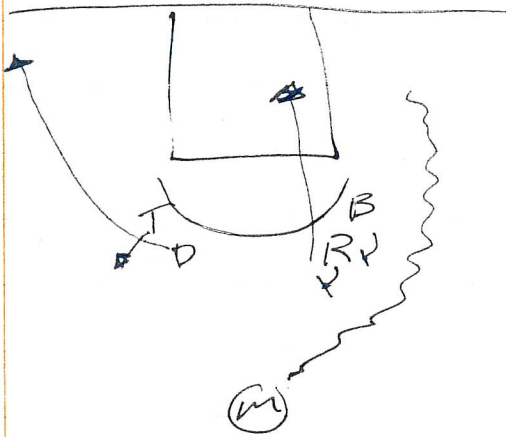
Shooting Spot

Rebound every drill

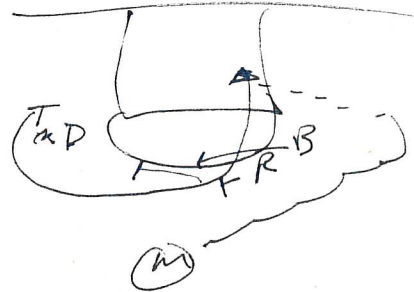
Load to the ball in transition → Get below the level of the ball

Pick up players off the floor

~~Get~~

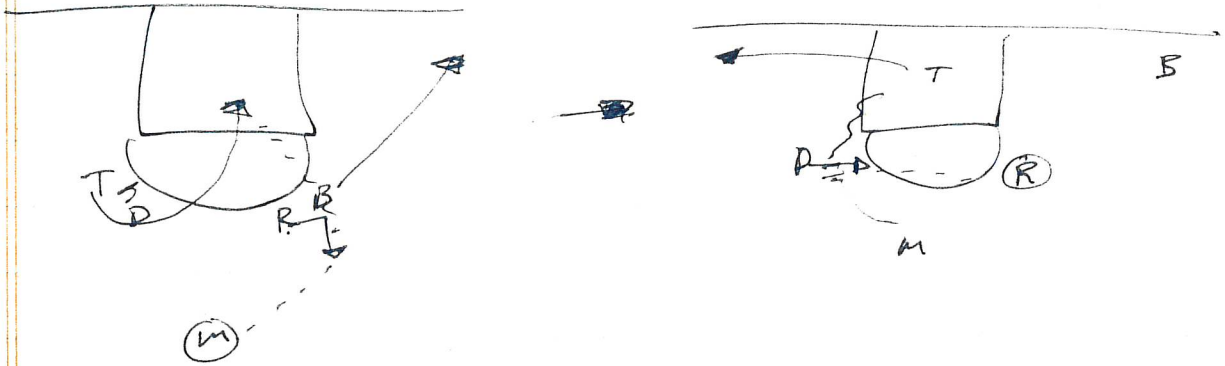


Do we want to do some stuff in high stacks

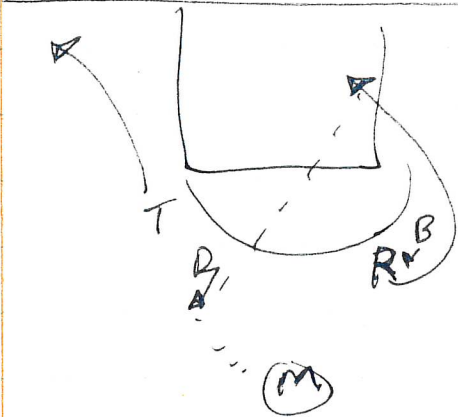


Screening + Setting up screens

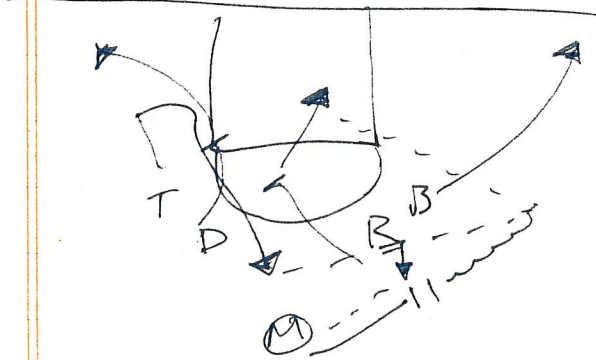
"SHIRT"



"PANTS"



w/ same motion as shirt

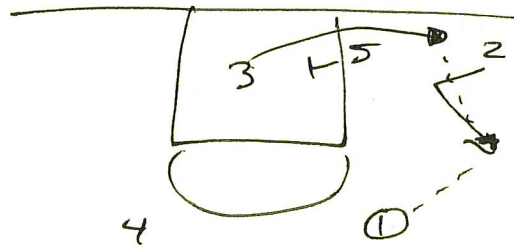
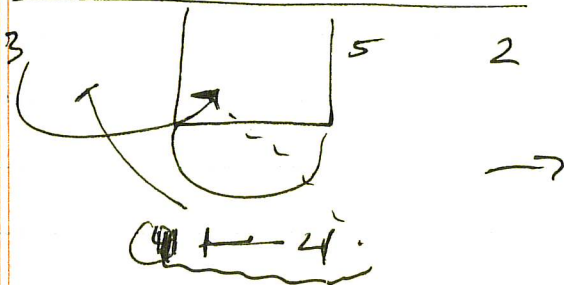


Buzz Williams

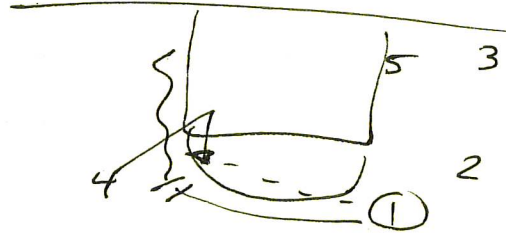
Being uncomfortable + Spirit = Great Growth

Confrontation is about the truth, but confrontation doesn't have to be ~~angry~~ negative

Be comfortable with being uncomfortable without losing your spirit



OR

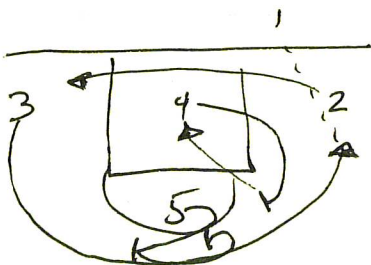


Ask specific questions of your players

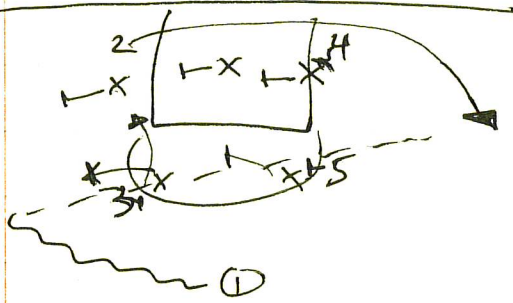
Clear, consistency terminology

What are our winning priorities?

SPAIN



vs. zone



Maryland action on the
loop through

"I like the guys that like football."
- Jim Harbaugh

"When we win, we all eat." → Chris Beard

Link arms together in huddles / hold hands /

Who wants to take charges?

"Fighting time" to get everything in before game!

"We're truth tellers here."

"If you produce in practice, you're going to play."

Capable vs. Willing