

## **PRACTICE #1**

**DATE: November 14<sup>th</sup>, 2011**

### **TODAY'S QUOTE:**

---

---

### **TODAY'S EMPHASIS:**

---

**“The secret of basketball is \_\_\_\_\_.”**  
**-Isiah Thomas**

### **The 4 major keys to a great basketball team:**

- 1.
- 2.
- 3.
- 4.

#### **The best three years out of the last six years**

**2004-2005:** On the 2<sup>nd</sup> day of practice, we couldn't finish a three man weave drill to end practice. Practice was supposed to end at 6 PM, and we were still doing the drill at 6:30 because we couldn't make the required lay-ups in a row. I had to dismiss the team because I couldn't keep them in the gym any longer.

The next day before our pre-practice meeting, Traci Flanagan stood up in front of the team and said “Guys, we are going to have the three man weave drill to start the practice. You know we are going to start practice with that today, and (Coach Plum) is going to make us do it until we finish it. Finish it right away.”

That's when I knew we were going to max out what we had, because our leaders were willing to tell their teammates what they needed to hear, not what they wanted to hear, and then they backed it up with their own play. Traci lead our team in three pointers made and started every game as a senior. She played Varsity basketball at Midland for four years, and is now the JV Coach at Council Bluffs Abraham Lincoln.

**2008-2010:** The first day of summer camp, Kylee Polsley is standing next to me at summer camp. Kylee had finished second in Class A in rebounding as a sophomore, but had chosen to transfer to Skutt between her sophomore and junior year. As we were working on a drill, Kylee said to me while standing next to me off to the side “Coach, if you are mad at the team, you can just yell at me because I can take it.”

That's when I knew we were going to max out what we had, because a player who could have been selfish and built her own stats at another school chose to come to Skutt and then was willing to be an example for everyone else. Kylee started both her junior and senior years, help leading us to top 4 finishes both seasons.

### **What are three things you can do over the next 4 months to help this team “max out”?**

- 1.
- 2.
- 3.

**PRACTICE #2**

**DATE: November 15<sup>th</sup>, 2011**

**TODAY'S QUOTE:**

---

---

**TODAY'S EMPHASIS:**

---

**WOODEN TOPIC #1: Industriousness**

“There is no substitute for hard work.”

*“Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty.”*  
-Proverbs 21:5

*“Which of you wishing to construct a tower does not first sit down and calculate the cost to see if there is enough for its completion?”*  
-Luke 14:28

Why would do you think Wooden placed “industriousness” as the first block to his pyramid?

What are three things you have worked really hard at to get yourself ready for this season?

- 1.
- 2.
- 3.

What are three things that you still need to work on to make yourself a better player?

- 1.
- 2.
- 3.

How can hard work and industriousness in basketball help prepare you for your future?

### **PRACTICE #3**

**DATE: November 16<sup>th</sup>, 2011**

**TODAY'S QUOTE:**

---

---

**TODAY'S EMPHASIS:**

---

### **WOODEN TOPIC #2: Enthusiasm**

“If we are to succeed, we have to enjoy what we do. If we enjoy what we do, we will be enthusiastic about it.”

*“Never be lazy in your work, but serve the Lord enthusiastically.”*  
-Romans 12:11

What are three things that you enjoy doing most?

- 1.
- 2.
- 3.

What, if anything, do these things have in common?

Can enthusiasm be counter-productive? Why or why not?

Who are three people that you look to on our team that our enthusiastic?

- 1.
- 2.
- 3.

Why do you think Wooden put “industriousness” and “enthusiasm” as the two corner bases of his pyramid?

Why are these two qualities important to our success this season?

## **PRACTICE #4**

**DATE: November 17<sup>th</sup>, 2011**

### **TODAY'S QUOTE:**

---

---

### **TODAY'S EMPHASIS:**

---

### **WOODEN TOPIC #3: Friendship**

“People make us better. It is easier to reach our potential when we learn the value of including others in our quest. Friendship must be worked on and cannot be taken for granted, and in order to receive in a relationship, you must first give.”

*“A person standing alone can be attacked and defeated, but two can stand back to back and conquer. Three are even better, for a triple-braided cord is not easily broken.”*  
-Ecclesiastes 4:12

*“He who is a friend is always a friend, and a brother is born for the time of stress.”*  
-Proverbs 17:17

Who are your three best friends in our program?

- 1.
- 2.
- 3.

Why are these people your friends? What do you have in common?

If you had three quarters and could only call three people for help, who would it be?

- 1.
- 2.
- 3.

Do you think the people listed above push you towards becoming the best that you can be? Why or why not?

What kind of person do you want to be? What do you think is more important, your reputation or your character? Why?

## **PRACTICE #5**

**DATE: November 18<sup>th</sup>, 2011**

### **TODAY'S QUOTE:**

---

---

### **TODAY'S EMPHASIS:**

---

### **WOODEN TOPIC #4: Cooperation**

“Cooperation is working with others for the benefit of all. If our actions don't help everyone involved, what we are doing is something other than cooperation.”

*“For by the grace given to me I tell everyone among you not to think of himself more highly than one ought to think, but to think soberly, each according to the measure of faith that God has apportioned. For as in one body we have many parts, and all the parts do not have the same function, so we, though many, are one body in Christ and individually from one another. Since we have gifts that differ according to the grace given to us, let us exercise them.”*

*-Romans 12: 3-6*

What are three things that, in the game of basketball, are the most cooperative aspects of the game?

- 1.
- 2.
- 3.

On a scale of 1-10 (1 is low, 10 is high), rate our team on those three things.

What do we need to do to improve on these things?

What are three things that you can bring to this program to help it succeed?

- 1.
- 2.
- 3.

What is something in your life that you think you could do a better job of cooperating on?  
What are things that you can do to improve?

**PRACTICE #6**

**DATE: November 20<sup>th</sup>, 2011**

**TODAY'S QUOTE:**

---

---

**TODAY'S EMPHASIS:**

---

**WOODEN TOPIC #5: Loyalty**

“Loyalty is the force that forges individuals into a team. It’s the component that moves teams toward great achievements. No individual or team will become great without loyalty.”

*“So then, brethren, stand firm and hold to the traditions which you were taught, whether by word of mouth or by letters from us.”*

*-2 Thessalonians 2:15*

What are three ways that, in the game of basketball, that we can show our loyalty to our team and our teammates?

- 1.
- 2.
- 3.

On a scale of 1-10, rate our team on those three things.

How are we going to improve those things?

Has your loyalty ever been tested? When? How did you resolve the situation?

On the pyramid, loyalty is in the middle of the base. Why do you think Wooden put it there?

**PRACTICE #7**

**DATE: November 21<sup>st</sup>, 2011**

**TODAY'S QUOTE:**

---

**TODAY'S EMPHASIS:**

---

**WOODEN TOPIC #6: Self-control**

“Self control is the ability to discipline ourselves and keep our emotions under control. No matter the task, mental or physical, if our emotions take over, we’re not going to execute near our personal level of competency, because both judgment and common sense will be impaired. Self-control must be worked at, no matter your role.”

*“Knowing God leads to self-control. Self-control leads to patient endurance, and patient endurance leads to godliness.”*

*-2 Peter 5:6*

What are ways we can demonstrate self-control on the basketball court? If you have seen lack of self-control on a basketball court, explain.

How can lack of self-control derail our team this season?

How can you help others control themselves?

Has your self-control ever been tested? When? How did you resolve the situation?

Who is someone that you believe has self-control? Why? What can you learn from this person?

**PRACTICE #8**

**DATE: November 22<sup>nd</sup>, 2011**

**TODAY'S QUOTE:**

---

---

**TODAY'S EMPHASIS:**

---

**WOODEN TOPIC #7: Alertness**

“Alertness simply means that we observe what is going on around us. Except for what we garner through personal experience, everything else we learn comes from observation.”

*“So let’s not sleepwalk through life like those others. Let’s keep our eyes open and be smart.”*

*-1 Thessalonians 5:6*

*“Keep a cool head. Stay alert. The Devil is poised to pounce, and would like nothing better than to catch you napping.”*

*-1 Peter 5:8*

Who is your favorite athlete? Why? What have you learned from them?

What are three things, either good or bad, that you learned from last season?

- 1.
- 2.
- 3.

When you play basketball, and a young girl is watching you, what would you want them to see or learn from the way that you play basketball?

Describe a situation where you, by being alert, learned a life lesson.



## **PRACTICE #9**

**DATE: November 23<sup>rd</sup>, 2011**

### **TODAY'S QUOTE:**

---

---

### **TODAY'S EMPHASIS:**

---

### **WOODEN TOPIC #8: Initiative**

“Initiative is having the courage to make decisions and take actions. People with initiative move forward without fear of failure, even though they might make mistakes or fail.”

*“He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like drops of blood.”*

*-Luke 22:44*

Describe a situation where you have failed. What did you learn from it?

What are three things that we can do with our initiative as a team to achieve what you want to achieve this season?

- 1.
- 2.
- 3.

Wooden writes: “I wanted my players to be active and to take initiative. I didn’t want them worrying about mistakes, as long as they didn’t repeat the same ones over and over. I wanted them to learn from their mistakes . . . careless mistakes aren’t the right kind. Mistakes made while expanding boundaries are what I wanted. “

What are three types of mistakes that are good mistakes in the game of basketball?

- 1.
- 2.
- 3.

What are three types of mistakes that are not good mistakes in the game of basketball?

- 1.
- 2.
- 3.

**PRACTICE #10**

**DATE: November 25<sup>th</sup>, 2011**

**TODAY'S QUOTE:**

---

---

**TODAY'S EMPHASIS:**

---

**WOODEN TOPIC #9: Intentness**

“Intentness is the ability to resist temptation and to distraction. Intentness is the quality that won't permit us to quit or give up, even when our goal is going to take awhile to accomplish.”

*“A woman suffering hemorrhages for twelve years come up behind him and touched the tassel on his cloak. She said to herself ‘If I could only touch his cloak, I shall be cured.’ Jesus turned around and saw her, and said ‘Courage, daughter! Your faith has saved you. And from that hour she was cured.’”*

*-Matthew 9: 20-23*

What are three things you can do individually to keep your intentness at the highest level possible?

- 1.
- 2.
- 3.

What are three ways we can minimize our distractions and keep our intentness this season?

- 1.
- 2.
- 3.

How would you correct a teammate who isn't as intent as she should be?

Who has the best intentness in our program? Why?

With our team, what is going to take the longest to develop this season, i.e., what aspect of our team are we going to need patience to develop it to its pinnacle? Why?

**PRACTICE #11**

**DATE: November 26<sup>th</sup>, 2011**

**TODAY'S QUOTE:**

---

---

**TODAY'S EMPHASIS:**

---

**WOODEN TOPIC #10: Condition**

“By condition, I mean physical, mental, moral and spiritual fitness. Conditioning must be preempted by accepting responsibilities on the part of the coach as well as the athlete.”

*“Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward to both this life and the next.”*

*-1 Timothy 4:8*

What are two things you can do individually in each of the following areas to achieve great conditioning?

Physical

- 1.
- 2.

Mental

- 1.
- 2.

Moral

- 1.
- 2.

Spiritual

- 1.
- 2.

What is an area in your life that you could give up some of your “conditioning” time to make more time for basketball? How? What is an area in your life that you would like to give more “conditioning” time to? What do you need to do to make this happen?

Wooden writes: “In my early years, I said ‘Let’s be in better condition than anyone else.’ But I changed, saying ‘Let’s become the best conditioned team we can possibly be.’”  
How can this apply to our season?

## **PRACTICE #12**

**DATE: November 28<sup>th</sup>, 2011**

### **TODAY'S QUOTE:**

---

---

### **TODAY'S EMPHASIS:**

---

### **WOODEN TOPIC #11: Skill**

“Skill is knowing what to do and being able to execute all of the fundamentals important to a particular task.”

*“He has endowed them with skill to execute all types of work; engraving, embroidering, that making of variegated cloth of violet, purple and scarlet yarn and fine linen thread, weaving and all other arts and crafts.”*

*-Exodus 35:35*

What is your greatest skill on the basketball court? What is your greatest weakness?

Of everyone in our program, who is the best at the following skills:

- Perimeter shooting:
- Mid-range game (10'-17' jump shots):
- Making layups:
- Free Throws
- Passing:
- Ball handling:
- Offensive Rebounding:
- Defensive Rebounding:
- Perimeter Defense:
- Post Defense:
- Help Defense:
- Press Defense:
- Reading passing lanes:
- Communication:
- Toughest:

Which one of these skills are we the strongest as a team? Which one are we weakest?  
What are ways we can increase our strengths and minimize our strengths?

**PRACTICE #13**

**DATE: November 29<sup>th</sup>, 2011**

**TODAY'S QUOTE:**

---

---

**TODAY'S EMPHASIS:**

---

**WOODEN TOPIC #12: Team Spirit**

“Team spirit is an eagerness to lose oneself in the group for the good of the group. Team spirit is the ultimate expression of interdependence.”

*“This is my commandment: love one another as I love you. No one has greater love than this, to lay down one’s life for one’s friends.”*

*-John 15: 12-13*

What do you think your role in our program will be this year?

We often refer to the phrase “know, accept, embrace and fulfill your role”. How can you do take this statement and make it a reality?

How can we be considerate of each other to realize everyone’s importance to our program?

How can we build our team spirit to make it stronger every day?

What profession would you like to work in when you get older? How can be part of a program that has great team spirit help you in this profession?

**PRACTICE #14**

**DATE: November 30<sup>th</sup>, 2011**

**TODAY'S QUOTE:**

---

---

**TODAY'S EMPHASIS:**

---

**WOODEN TOPIC #13: Poise**

“When we have poise, we’re not acting, faking or pretending. When we are being who we really are, we’ll have a greater likelihood of functioning nearer to our own level of competency . . . Poise greatly depends upon two nearby blocks: confidence and self-control. Confidence comes from thorough preparation and enables us to be quietly in control at all times. The discipline of self-control usually produces poise.”

*“I have lifted the yoke of slavery from your neck so you can walk free with your heads held high.”*

*-Leviticus 26:13*

Describe a situation where you have demonstrated poise in a stressful time. Why do you think you were able to be poised in that particular situation?

Describe situations that you struggle to keep your poise. What can you do to be more poised when encountering those situations?

What are three situations that we, as a team, need to keep our poise?

- 1.
- 2.
- 3.

What can you, as a member of our program, do to help everyone keep their poise?

**PRACTICE #15**

**DATE: December 1<sup>st</sup>, 2011**

**TODAY'S QUOTE:**

---

---

**TODAY'S EMPHASIS:**

---

**WOODEN TOPIC #14: Confidence**

“I always wanted my teams to be confident, but not over-confident. Solid respect without fear is what I was after. I wanted them to believe in themselves without being self-centered, intimidated or naïve.”

*“For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.”*

*-Romans 8: 38-39*

Fill in the blank: “When I am \_\_\_\_\_, I am very confident.”

Why did you pick this?

When do you feel most confident on the basketball court?

What can you do to build your confidence as a basketball player? What can you do as a teammate to build another teammates confidence?

## **PRACTICE #16**

**DATE: December 2<sup>nd</sup>, 2011**

### **TODAY'S QUOTE:**

---

---

### **TODAY'S EMPHASIS:**

---

## **WOODEN TOPIC #15: Competitive Greatness**

“Competitive greatness is the pinnacle of the Pyramid. With competitive greatness, we can deliver our best when the best is needed, and at the same time, we can make those around us better, too. A person with this quality loves a challenge- the tougher, the better.”

*“Don't worry about a thing, ' David told Saul, 'I'll go fight this Philistine!”*  
*-1 Samuel 17:32*

*“Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win.”*  
*-1 Corinthians 10: 24*

Wooden writes: “We don't have to be superstars to reach competitive greatness. All we have to do is learn to rise to every occasion, give our best effort and make those around us better as we do it.”

What are three things you can do on a daily basis to help our team achieve competitive greatness?

- 1.
- 2.
- 3.

What is one thing that you can do today to help us achieve competitive greatness to give us a chance to win tonight?

Wooden writes: “Competitive greatness is ‘I did my best’. Never say you should have won a game. You are taking away from the other team who apparently did a good job. Sometimes you might say ‘you could have won.” Look back to what we covered on our first day of practice; what do you think Coach Plum wants from you, both as an individual and as a program, this season?