

- Best locker room sign / “If you are going to bite butts with a bear you better get the 1<sup>st</sup> bite” / Being aggressive
- Changing out boards in locker room
- No texts / not going to text the interview
- Better keep the quality of shots down for opponents
- Beswick scale / Evaluating people & players
- Developing team attitude & leadership
- A lot like porn / know what it looks like when you see it
- Coach Majerus coached Nash for Canadian national team / best guard
- “If you go to bed with a snake don’t think you won’t get bit”
- Jeter – love for the game /have to have fun playing the game
- Vlasin & Buster about Rivera & the cutter
- Visit with Tad Boyle / Just taken Colorado job / Got two have 2 guys with pro experience on his staff
- Norm Stewart rule
- Evaluating Defensive possessions / You must watch the tape to know where it comes from. Accountability
- We have 3 guys that can guard / they better guard the best guys on the other squad
- Jerry Sloan with the Bulls. Guarded worst guy on other team so he could give the help to others
- Coach K – Our trip in 1993 & then 2009 not letting Northern state watch practice
- Vs. Switches go pairs & open the middle / Bobby Knight
- Know who you are what are you comfortable with / not just what someone else had success with
- Better make the choice with what you are comfortable with
- GMA – General Milling Around
- Vomit Offense – Come down and throw it up
- What fits our kids / Motion allows you to play to strengths
- Fox Hole test
- Know what you are doing to get shots
- The Terminator of our Motion
- Can’t have guys on the floor that don’t do things Solid
- Michigan State 4 guys to boards. Marquette vs. Kansas in Final Four
- Better know how you want to get fired
- Monday after not coaching. If I had a team:
  1. Sound system of play / Fundamentals
  2. Solid / You play every possession – Tough to get a shot
  3. Simple / More they think the slower their feet get
- Can’t coach idiots / better have guys that we can teach / want to learn

- Northern Iowa & Butler work on shooting & are a “Team” / Sound, Solid & Simple System
- Butler from \$2,000 to \$100,000 in bookstore day after they made the Final Four

## Philosophy

- Basketball the Don Meyer way / DVD
- Game Planning
- #24 Best things I’ve seen in Coaching
- coachmeyer.com / handouts / coaches corner, players, parents, misc.
- Why are you Coaching?
- Started because he couldn’t play / Taught a guy how to throw a slider
- Heart surgery in 2001 / realized how much loved to teach
- Card on teaching / Memorable teacher
- Jerry working guys out / “What was your thought process there”
- Getting kids to figure out for themselves
- Book list / 3 signs of a miserable job
  1. Anonymity
  2. Irrelevant – Eubie telling Philip to blackout
  3. Immeasurable – Not always about stats
- F-Words
  1. Faith
  2. Family
  3. Friends
  4. Fitness
  5. Finances
  6. Figure it out for Yourself
- Not playing guys for reasons / My stats are better
- Can’t tell an Eagle from a Buzzard when flying together
- If you tell me your 3 best friends, I will tell you what you will end up like
- What is Us, What is not Us / Older guys must teach the younger guys
- Only one thing worse than a gossip, a flatterer / Eddie Haskle
- We would all rather be ruined by praise than saved by criticism
- Brutal Truth / Must have credibility
- We would all rather be lied to
- Drink from the cup of criticism
- Kids today don’t know the difference between criticism & instruction – Larry Brown
- Card about the Parts & Unity
- Importance of every part / Rectum story
- Fitness / exercise is your 2<sup>nd</sup> job / Take care of yourself
- Get away / refresh / Think
- God gives ideas during a talk

- Enough money to live / Wooden – if choice between rich or poor he would take a lot of money
- Coach Wooden might make more than Calipari's \$4.6 million
- Can't be worried about family with money to do a good job
- You have to make the choices that are best for you, your kids, your program
- I'm a great coach now / don't have a team
- Necessity is the mother of invention / change when you need to get something done
- Basketball is not about bail-outs
- We discourage competition
- If all I can do is stand up and clap then that is how I contribute
- You must coach your team in a Spiritual Vein / kinder, greater thing
- Something special to build that in your team / Cause over Self
- Rating Players
- Talent & Mindset
- Talent – A & Mindset – A = best player & hardest worker. Not your best team unless best player is hardest worker. Does all the little things right. Communicator. No sacrifice too big & no task too small.
- On good team 1 or 2 do dirty jobs but on a great team everyone does the dirty jobs.
- For the Love of the Game
- Jeter & Mattingly / "lets jog it in because you never know who is watching"
- Charlie Frey / Triple A – Got triple on pop up. Wanted to see how far he could get on a pop up before it was caught.
- Talent – A & Mindset – B = Inconsistent, streaky, not skilled, not able to work on things, mass practice, won't do 1 thing 15 times, but will do 15 things 1 time, coach killers, no courage, poor judgment,
- Distributive Practice – balance, little of everything
- Mass Practice – One skill over & over
- Balance hand pick-ups by setting ball on the floor
- Talent – B & Mindset – A = Overachievers, make coaches look great, very skilled but maybe not athletic, Butler
- Being Sound Fundamentally / Be a teaching program
- Everything we do today with kids is against that / Summer league ball
- Pick a school where you can go even if you couldn't play ball
- Whisper criticism & yell praise
- Everyone is reached in a different way
- Great players crave instruction
- Farve – When you are really good a doing something you don't want to give it up
- Cried when he thought he would not coach again / felt good about it / his gift
- Are you a good teacher? Can you teach the good players?
- Coach Wooden with Sydney Wicks – playing with the other guys, they didn't do well. Bill Walton not shaving, "We are sure going to miss you"

- Easy to ride a dead horse. A stallion is a different story
- Having a Team is the over riding purpose
- T = Tough – doing kids a big favor if you can make them that way
- E = Effort – in Hospital it doesn't matter what they do for you, you have to do something for yourself. Give a little more than you are looking for & love will turn the key
- A = Attitude – What you can control. 3 people have to have a great practice everyday: Head Coach,
- M = Motives – right things for the right reasons, have to or want to, champions don't look at it as a sacrifice they want to do it, eager vs. willing
- S = Servant Leaders – will go out & help others
- Intelligence, Work Ethic & Character. 1<sup>st</sup> 2 without 3<sup>rd</sup> will kill you. – Warren Buffett looks for in what he hires someone
- Who are we helping with our program? Get our kids around folks that have needs
- You can tell a lot about someone by how they treat folks that can't do anything to them or for them
- Third place to fill yourself to pour it out all day. Read, Study & Pray
- We want you to become a Christian not a “member of the church”
- Ecclesiastes verse on “Gift from God” – Joy in heart
- One thing about administrator will never give a good coach a reason to leave & a poor one gives them several everyday
- Never stand taller before players than when you admit a mistake sincerely
- I was not a great coach at the age of 40 because I had not had the necessary time or experiences. - Bill Walsh
- Handouts for clinic
- “Good to Great” – book
- You are going to put your own \$ in the program
- 5 stages of your career
  1. Survival – don't know what you don't know
  2. Striving for Success – you want folks to recognize you can coach
  3. Satisfaction – you relax, better set another goal, be the best & want to get better
  4. Significance – Making a difference. Changing lives hopefully for the good. People want to study your program. Very apt to get fired for the wrong reasons. Folks get jealous.
  5. Spent – no juice left, can't do it any more
- “What About Bob” – Bill Murray – If you are a coach you better watch it
- Start at the back table lesson. Servant Leadership. Coach Wooden called him up
- Organization – “Getting things Done” – David Allen
- Suspense file. January thru December then 1-31
- Weekly review file. Check on every Sunday
- Monthly review file

- Hot file things that must happen right away or coming up
- Start everyday with a 6-Pack = 6 most important things to do that day
- 3-Fold thing / Morning, Afternoon & Evening / Notes or ideas on back
- Planner Pads / plannerpads.com – mistake so you get 15% off by May 5<sup>th</sup>
- Do better job with my roles / Spiritual – Servant
- Put the big rocks in 1<sup>st</sup> / keep the main thing the main thing
- Discretionary & Non- Discretionary time
- Make the system work for you; you don't work for the system. Don't need a high maintenance wife if you are going to coach
- Notes: Retrieve, Review & Reinforce
- Not trying to get the magic answer, just trying to get an idea
- You example as a coach is not the main thing in influencing your players it is the only thing
- Keep notes by coach's last name, folder then a notebook
- Get Johnny & Herman's dad on the phone together & on the same page
- Greatest Fundraiser ever: Buy players for what they are worth & sell them for what the parents think they are worth
- There are times that kids need parents much more than a coach
- #1 thing kids dread is the ride home with their parents
- Women know how important relationships are. 90% of men are remarried within a year. Don't know what they have till they screw one up
- Plan the week on Sunday / Do a need assessment
- Subtract what is from what should be / those are our needs
- Not what you teach it is what you emphasize
- See the need, Fill the need
- Don't work on things that are not going to make you better
- More Olympic gold lost from overtraining than under training
- It is a coach's job to replicate game situations in practice – Joe Paterno
- You must practice the game in the manner in which it is played – Henry Iba
- Make the practices like games & make the games like practice
- All-red shirts have notebooks
- Talk to our guys on bench that play the position / Buddy coaching
- Plays take away playing multiple position players
- There is time the game when we don't need a shot we can make but we need a shot we can't miss
- Getting Fouled. Making 1<sup>st</sup> contact. Body on 1<sup>st</sup> on drive & on the finish
- Using foul wisely. Taking fouls. Smart fouls
- Know what to do to miss FT on purpose
- Make guys inbound vs. just giving them the ball
- Drive the front hand. Don't look at the feet. Maintain vision
- Jerry's rule card
- Two kinds of PG. Intuitive – throws where you should be. Sensing – Makes sure you are there.
- Different ways to begin. Side OB, Baseline OB, FT, Loose ball, Rebound

- Dual purpose in everything. Primary emphasis. Stop & Talk about that thing
- Value of keeping ball out of the lane
- If your players are dumb that is your fault. If they are stupid that is their fault. They know what to do & don't do it
- FT-X
- This way is as good as any & better than most – Shane in the movie
- Stop & Score games or series. Defense comes 1<sup>st</sup>. What does it all start with? A Stop. Maybe make more difficult, not in lane or no offensive rebound
- Have an Emphasis rather than Restrictions
- 6 things of a stance
  1. Mental & Physical Stance
  2. Vision
  3. Position
  4. Talk / Ball & man in front of you – Pete Gaudet / Brett Butler running the whole game from centerfield. Talking on the edge of reckless abandon with our communicating
  5. Anticipate – Allows you to make plays
  6. MR – Move according to our rules
- Pressure the ball as much as possible without allowing penetration or fouling – Bobby Knight
- You give help as quickly as possible and only as long as needed
- You can't help too early but you can help too long
- Fake & Retreat / Recover
- Don't be blind on your help
- Late one minute is not just one minute it is late by how many folks there are
- Protect the Water Hole / Everyone guards the ball
- University of Phoenix / 400,000 students
- Gene Bess - 1114-240 / "One thing I have learned in coaching is that your players have to play very, very, very hard."
- "The more they think the slower their feet move." – Jerry Tarkanian
- Why should we give you this when you can win without it?
- "Who's helping you when you're not there?" – Tommy Smith, Recruiting or with your team
- Support the other programs at your school. Do what you should. Fit in on the campus. Part of the University
- Two kinds of coaching jobs: Stepping stone or Kidney stone
- Can you handle losing / Kidney stone jobs, what are folks thinking
- They knew he was going to be great well they called him Bear – when he was Vanderbilt assistant
- Tim Gurgirich – Better being an assistant, what he is best suited to be
- Evaluate your job / pluses & minuses
- There are only two things to wonder about coaching job: can I live there & do I have a chance to win league every year
- Never appear too eager but let them know you are interested in the job

- Talk doesn't cook rice, you have to do it
- 3 things of good offense: Spacing, Angles & Momentum
- Angle of closeouts, drives, feeds
- 3 steps on closeout
- Cheat steps, cross over to open hip, two steps & break down
- Keep ball out of the middle of the floor
- Make the ball arc, no straight line drives
- Point toe when you move, dig hand – pull the rope
- Hand above the ball
- Has to be points of emphasis
- Play 3 on 4 & 4 on 5 to work on rotations / scramble
- Dick Bennett & Roy Williams after saying he set the game back when Wisconsin made the final four. Playing regional in Wisconsin. Went up and put his arm around him. Booning stopped
- Guard a Yard
- Play no-catch vs. great player to stay man or No-Catch no help
- Monster the Post:
  1. Do they have shooters
  2. Can he score
  3. Assists of Post man
- Give orders that can't be misunderstood – Douglas McArthur
- You have to love the game & compete
- You are always the hunter if you are hunting the perfect game / not about winning
- Every time you warm up, warm up for the perfect game
- Control the Middle 3<sup>rd</sup> of the floor on both ends of the floor
- Average team athletically we can only guard the middle of the floor
- Eat the middle 3<sup>rd</sup> of the pie
- 2" shot fake, circle tight & go
- Closeouts must be automatic
- Know foot position in every spot on the floor
- Tilt the floor, get it in the outside 3<sup>rd</sup>
- Ball in the middle 3<sup>rd</sup> you have to guard the whole floor
- Body on 1<sup>st</sup> at drive & on the pull up
- Play Straight up, Steer or Zipper
- Teach your team how to win. What is it going to take? Internal Leadership
- Give them the confidence to win
- Know what we are going to do
- Abe Lemons – In coaching you are going to make enemies faster than you will make friends. If you think folks are going to like you as a coach you are wrong. The best you can hope for is respect. Only thing they remember from a timeout is the last thing you tell them
- Don't wrestle with the pig or you will both get dirty and only the pig likes it
- Our defense & Our offense on scouting

- You can do everything perfect on defense but if you don't pressure the shot & block out then it is useless. Change or Alter
- BOPCRO
- "Training Soccer Champions" – Anson Dorance
- Cycle of the game
  1. Defensive Coverage / TTP / Transition, Talk & Point
    - Spurs – all back, Michigan State – 4 to boards
    - Full back, Half back & 3 Tail backs
    - If point guard penetrates two wings will crack back for shot then into transition
    - Ball Pressure / Denial / Middle 3<sup>rd</sup>
  2. Shot Pressure
  3. BOPCRO
  4. Sureness
  5. Shot Discipline
  6. Board Coverage
- 3 on 3 OBC / Offensive board coverage
- If you score it you are out / 3 air dummies
- Get inside or beside / Go to a gap to get the rebound
- Get weakside or middle for rebound 70% of time
- Rebound the elbows from 3 on top
- Get hands ready
- Get eyes on the target
- 80% of missed shots are missed shorts
- Aim at the back half of the basket
- Post players sprint out 3 steps on every shot / build the right habits
- Spin & go weakside to rebound
- Huggins / Never get the ball without rebounding
- Fox Hole test / Behind is 3, Left shoulder is 2, Right shoulder is 1
- Tough & Sacrifice whatever it took for the team
- Freshman pick buddies or roommates & they are all going to die
- Make it tough enough that they will quit so you don't have to cut a guy
- Family Fox Hole test
- Those who work the hardest are the last to surrender
- Go at the other team's best player
- Take post player away from the basket and drive them from short corner
- Norm Stewart Rule – "That fool Norm Stewart got fired. What am I going to do to make this a better program"
- Each year pretend you got the job brand new
- Carl Cain, Roger Legg, Little Buddy & Big Buddy
- No Internal Leadership will kill you
- You can pick captains but you can't pick leaders
- Stop & Think for our guys
- Soft rain rather than a Fire hose



- “The Practice of the Presence of God”
- Nurture the Leaders
- Wooden to his leaders
  1. Must be our hardest workers / Price of Greatness is responsibility
  2. Take care of stuff off the floor / Invest time with teammates. Get everyone included
  3. Let the coaches take care of everything else
- Ego = Easing God Out
- Exalting God Only
- No book has stood the test of time like the Bible
- Balance Hand pickups from the ground – 2” dribble / get ball to the pocket
- Left hand picks it up into the pocket
- Get where you can see all the action / back off as a coach
- Work in the corners to see everything
- Guards want to create space & Posts want to take up space
- When the ball moves your only thing is to get more of the defense – Rick Majerus
- Shoot the ball on the way up
- Release the ball just prior to the peak of their jump
- Quick Stop rather than Jump Stop
- Quick Stop off the pass, ball in the air, feet in the air, square in the air
- Footwork is the most poorly taught aspect of the game
- Catch the ball with your feet, eyes & hands in that order
- Being tight with your game
- Get swishes / put ball in back half
- Swishes worth extra point in drills
- Quicken up your shot / Compete with techniques
- Difference in a shooter & scorer is footwork & tightening up your game
- 2 Balls 3 Closers out
- If you get a shot blocked then you can shot fake but can’t shot fake till you get one blocked
- Dead 3 = more than ½ shots from 3, never gets fouled & comes off the bus holding the follow thru
- Can’t give up open 3’s / big momentum swings
- Passer rather than throwing from under the basket
- Shot fake to gain balance when you get a bad pass
- Majerus – Shot fake to a shot / balance  
Shot fake go somewhere to a shot
- Vision on target on shot fake inside
- You can always say more pressure on the ball
- Know who you are & what your game is
- 20:00 of warm up for 30 games is 10 hours of practice
- When the horse is out of the barn don’t close the door. Why not coach in warm-ups?

- Be with our team every possible moment
- If you don't guard you ain't going to win
- Form a 3-man wall. Let them see our defense
- Faith in the system
- Skips vs. Post front
- Delicate balance of system of defense & scouting report defense
- 4 on 5 – Decisions both ways
- Play until the whistle blows / makes you a good transition team both ways / looking to attack
- Shorten the pass vs. the press or traps
- Echo Yells for team
- 4 on 4 with a high post air dummy / Air time of the ball
- Make front cuts vs. the pack
- Talk it, Touch it, Switch it
- If you play "Pack" you must have some way to speed the game up
- #1 compliment for a Major League player = he is a "Grinder"
- You are always a better athlete in the proper stance & the proper position
- Open the tunnel and let folks thru when ball is in the outside 3<sup>rd</sup>
- You don't chase with ball in the outside 3<sup>rd</sup>
- Coach defense from on the baseline
- Pat Riley would spend 1.5 hours for a 10 minute talk / Preparation
- 1-5 they are better than us. But we are not playing 1 on 1. This is what we are going to do to take care of us
- Leadership / Last time I checked they said it all starts at the top. – Morgan Wooten
- Leadership is a lot like pornography. May not be able to describe it or explain it but I sure know it when I see it
- Leadership emerges
- An army of Asses lead by a Lion will defeat an army of Lions lead by an Ass
- You can't ever rely on your talent
- If you are least talented doesn't mean you have to lose
- Attention to Detail
- Beware of the lack of discipline for that discipline more than talent or athleticism will determine which team wins the game
- If you let down on the little things it will erode your whole program
- From those who have much, much is expected
- You can't be too disciplined
- Discipline is doing the right thing every time
- Apply discipline with out being demeaning as a coach
- Building a team is the most fun in the world
- Discipline in Love not out of anger
- James 1:19-20
- You can't coach mad. OK to get mad. Cool down then act mad so you are in control

- If your teammates know you love them they can take a lot more or if your players know you love them
- Knowing the Truth allows you to be Free
- Greatest power in the world is love
- Learn a lot more at a funeral than at a wedding
- To be a team
  1. Shared Ownership – Investing – don't treat the team like a rental. Can't be a person only making withdrawals. Sucking off the Program. Only can be happy if you are helping someone else
  2. Shared Suffering – without tough practices you will not have a team. Suffer some together, brings team together
  3. Individual Responsibility – Test your team every day. You have to do your job. What does my team expect & need me to do.
  4. Collective Pride – Daily building that pride in our team, teammates & program. Being happy when someone else is successful. Exalting the team not self. Others over Self. You play for your teammates & for the Love of the Game. Nothing like playing the game with great teammates & great people
- Career – Circle the 1<sup>st</sup> 4 letters. Care is 2/3 of the career
- Make the main thing the main thing
- James 3:13 – Deeds done with Humility in Wisdom
- Only place arrogance & stupidity are separated is in the dictionary
- We should all be ambitious but not selfish ambition
- Be the best I can be not comparing myself
- Matthew passage 6:
- Solitude in the 3<sup>rd</sup> place to fill my cup daily to pour my cup out
- Zone Offense:
  1. Beat it down the floor
  2. Rebound
  3. Get ball in the pocket with players that can make plays looking Rim, Post & Opposite
  4. Screen out, Seal out / Forward guarding guy, passes to top & makes cut off screen into pocket. Post then seals out on forward on catch
  5. Throw back into 3 or 4 players / Loop Flash. Cut thru on baseline with 4-man off post screen. Loop shooter to top & flash opposite wing. Same action
  6. Loop Skip / Post up the next defender. Make defender go over the top of the screen in to allow pass to baseline to post
- Air pass on the baseline drift
- Listen to the commentators on NBA games to learn
- On-Time & On-target
- Use of a Loose Leaf note book
- Nothing keeps you sharper than watching games as a coach
- End of game situations

- Peace is not the absence of trouble, trials or torment but the calm in the midst of them. Make calm reasoned decisions. Get all the necessary information. Don't wait for paralysis by analysis
- Being strong up the middle. Point Guard, Post & Player than can catch it in the middle of the floor and make plays
- Sometimes not to guard is to guard
- You can't practice to impress other coaches. Stop & talk about what we are doing & trying to get done
- Praise, Prompt & Leave – Give the instruction after you praise then don't look over their shoulder.
- One-minute assessment. One thing you are doing well & why, one thing we can do better & how
- Whisper criticism & yell praise
- Warren Buffett rejected by Harvard business school. Can't let failure stop you.
- Most Turnovers – Magic Johnson
- Most Strikeouts – Reggie Jackson
- Most Losses – Cy Young
- Good is the enemy of Best
- Get past failure & Past success
- Courtesy pays / Pepsi & McDonalds story
- Thank You, My Pleasure
- Sign in sheet in my office / Academic book / Gone to all classes since yesterday's sign in
- Winning Hoops / January 2010 edition
- Coaching Stages – Passion, Duty, Burden
- Make 25 3's without missing two in a row. If you miss 2 in a row you have to swish the next one
- Short seconds length of the floor – double the dribbler & make them make another pass.
- 3 lead & single digits you foul
- Don't let your assistants get you fired
- Gave assistants too much freedom. When they were good they were great but when it went bad it was horrible
- You can't buy loyalty
- You have to work harder than your assistants or something is wrong
- Have a meeting without having a meeting. Tony LaRussa with red fungo walking around the outfield during BP
- Informal learning time / Spend time together
- In coaching there is no truer test than the test of time
- Jerry Krause rules
  1. Find your unique talent or gift
  2. Develop that gift to the fullest / folks don't pay for average
  3. Give your gift away every day

- You can't wish for a championship
- You can't fake the Harvest
- Your players must know what your value. It is what you emphasize
- Get Matt's sheet from Coach by email
- Never be ashamed of trying to learn