

# **Rick Majerus Random Practice Comments:**

***"High & Active Hands"***

***"Defensive Rebounding is key to Winning"***

***"Don't care if the ball hits the floor, BLOCK OUT EVERY TIME"***

***"Run'em in practice on mental mistakes"***

***"EFFORT and ENERGY"***

***"Wide & active stance on the ball"***

***"Not going to coach ATTITUDE & EFFORT"***

***"Off the ball, two biggest keys: STANCE & VISION"***

***"Low & Wide Stances with High & Active Hands"***

***"IT'S ALL THE LITTLE THINGS THAT COUNT"***

***"Coaches never determine playing time, YOU DETERMINE YOUR PLAYING TIME"***

***"Scorers get your Eyes on the Rim"***

***"Post: Sight your Target Early"***

***"Move on Air Time"***

***"What a warrior, what a pleasure to coach"***

***"Defense is all about Playing in Multiples, Multiple Efforts"***

***"Escape Paint to: Take a Charge, Stop the Ball, Block Out"***

***"Want Hard & Low Closeouts with Wide Feet"***

***"MEET- GREET- STAND 'EM- UP"***

***"We are talking & we are talking loud"***

***"Great point guards: 1) TAKE CARE OF BALL 2) TALK 3) CHANGE SPEEDS"***

***"Must have a defensive presence"***

***"Must have definition to your cuts, change speeds"***

***"Nicely done"***

***"I want guys who will play their Hearts Out"***